



## Immaculate Conception Church Defeats Closure

Outraged parishioners won their battle to keep beloved church from closing

In mid-November a list of eleven Catholic churches recommended for closure was announced by Archdiocese. The massive closures were the Archdiocese's answer to the \$70 million price tag needed for earthquake repairs and renovations to the churches. Immaculate Conception on the North Slope of Bernal Heights was included on this list. In just a week's time, however, overwhelming support by past and present parishioners and the community convinced Archbishop John Quinn to spare

- continued on page 2...



Since 1913, Immaculate Conception Church, on Folsom Street at Precita Avenue, has been a special place of worship for generations of Bernal residents. In November it faced closure along with 11 other Catholic churches throughout San Francisco. It will remain open as a Chapel.

## Emergency Meals for Bernal Seniors who Face Hunger

In response to the lack of immediate and affordable meal delivery services to frail seniors in the community, a new Emergency Meal Program is being organized by the Bernal Heights Neighborhood Center's (BHNC) Senior Services. The idea of the program became a reality through a recent grant award by the Myrtle V. Fitschen Charitable Trust Fund to improve the health and well being of the elderly in San Francisco. "The Emergency Meal Program is a direct response to the frustration of long waiting lists for meal delivery service to our community's frail elderly," explained Vicki Victoria, BHNC Senior Program Director. "I've referred many frail seniors to

- continued on page 11...



Did th Mad Hatter cast a spell on Bernal Heights? No, but Greg Gavin's hat making table at the Fiesta on the Hill showed neighbors how to have fun with recycled material. This fashionable group displays some of the whacky, fun and spontaneous spirit that reigned at the annual community celebration.

## Fiesta '93 Highlights...page 6 & 7

### Bernal Neighbors Question the Bayside Discharge Alternatives Project

## Stop the Sewer Shaft?

San Francisco may drill a tunnel beneath Bernal Hill and a shaft through the heart of the hill to transport wastewater from the eastern side of the City to the Pacific Ocean. Technical staff at the Department of Public Works (DPW) are currently trying to identify the impacts of this scheme.

Presently, raw sewage from the east side of San Francisco flows to the Southeast Treatment Plant located at 750 Phelps Street, where it is treated. During dry weather, the wastewater goes through a deep water outfall at Pier 80 (near Army Street), and into San Francisco Bay. San Francisco has a combined sewer

system which means that both sewage and rain water drain into the same pipes. During heavy rains, what can't fit through the outfall discharges into the Islais Creek Channel.

The Regional Water Quality Control Board requires the City to choose an alternative to this present system. The deadline for

- continued on page 4...

## City Wins Millions to Rebuild Army Street Projects

### Bernal Heights Neighborhood Center and Housing Corporation Support Pivotal

The federal Department of Housing and Urban development (HUD) has awarded the San Francisco Housing Authority (SFHA) a \$50 million Urban Revitalization Development (URD) grant

for the demolition and reconstruction of Bernal Dwellings (the "Army Street projects") and another distressed project in the City.

The SFHA will use the funds to: 1) tear down the existing 208 units in 13 buildings that constitute the Bernal Dwellings; 2) reconstruct 160 units in new two and three story townhouses, in the same architectural style and scale as the surrounding neighborhood; 3) build two new streets through the block to split the development up into four smaller

- continued on page 13...

## Neighbors Demand Removal Police Captain

On November 18th nearly four dozen Bernal residents from the Cortland/Moultrie/Crescent Streets areas of the hill met at the Bernal Heights Neighborhood Center (BHNC) for an urgent meeting to address the rise in crime and desperate need for police services in their area of Moultrie Street. Police officers were asked to attend this emergency meeting, but no one from the Ingleside Station, which serves Bernal Heights, showed up.

- continued on page 15..

# New Bernal Journal

515 Cortland Avenue, San Francisco, CA 94110  
(415) 206-2144

The *New Bernal Journal* is a bi-monthly neighborhood newspaper sponsored by the Bernal Heights Neighborhood Center. It is dedicated to providing the people of Bernal Heights with community news, ideas, issues, and events that support the Center's mission: "To empower people in efforts to preserve the ethnic, cultural, and economic diversity of Bernal Heights and improve the economic condition of low and moderate income people in Bernal Heights." The *New Bernal Journal* is distributed door to door, free in Bernal Heights. Articles express the views of contributors and not necessarily those of the Bernal Heights Neighborhood Center.

## For Advertising Call: 206-2144

Next Issue: February/March '94 Distribution Date: 2/5/94  
Deadlines: Editorial/Submission: 1/14/94  
Advertising Reservation: 1/21/94 Camera Ready Ads: 1/28/94  
We reserve the right to edit for clarity or space.  
Circulation for this issue: 8,000

## New Bernal Journal Staff/Volunteers

Editor  
Photography  
Art Production  
Distribution  
Contributors

Vicki Victoria  
Robert Henderson, Vicki Victoria  
Victoria Graphics  
David Rogers & a cast of hundreds!  
Buck Bagot, Lisa Kaborchya, Helen Heffer, Linda Eckman,  
Mauricio Vela, Barbara Pitschel, Susan Stern,  
Jessica Murray, Demeco Garepis

Copyright 1993 by Bernal Heights Neighborhood Center  
Member of the S.F. Neighborhood Newspaper Association.  
Call us for SFNNA discounted city-wide advertising in over 12 newspapers

# Letters

## Good News in Precita Valley

Are we ready for some good news?! The Precita Valley Committee (met in mid-November) at St. Anthony's School and we were overcome with positive energy!

The park is nearly finished on the east end and we are working to improve the west end. The youth have used the park and we are working with the adults to keep it looking wonderful!

Our CPOP officer, Raymond Gee, is being very present to our community and positive about his beat.

We have two part-time directors of gang prevention in our area and have been very influential in helping our neighborhood youth as well as the youth in the Mission

and Outer Mission areas to find jobs and to make better choices with their lives.

We have a new director of the Precita Center...Jose Marquez! We welcome Joe and assure him of our support and participation.

A group of youth helped our neighbors in the Bernal Dwellings by painting out graffiti and making their homes better places to live.

Proposition J monies are being allocated to helping our youth with better programs and more supervision.

We have a positive feel about our neighborhood and have formed a strong support and caring community.

At this time of Thanksgiving and as we prepare for Christmas and the birthday of our Savior, our hearts are full of hope, joy and profound gratitude to all.

- Sister John Ellen  
Turner, O.P.  
Principal of St. Anthony  
School

## Don't Abandon Your Library

Like many other families in Bernal Heights, ours is a big fan of Dorothy Coakley, appreciative of her care and activity in our community. We also were dismayed at her transfer and wrote letters in support of keeping her at the Bernal branch. But what disturbs me even more now is that our fondness and respect for Dorothy seem to be shaping into criticism of the current staff.

All right, I admit that went back to the library, post-Dorothy, with a chip on my shoulder. "How could *anyone* be good enough to follow in her footsteps? What a disservice to our kids!" What a pleasant surprise the summer turned out to be, getting to know Julio Medina, the current Bernal children's librarian. He is thoughtful, very well-informed about children's literature and media, sensitive to different cultures in our community, engaging (he captured the hearts of both my 4-year-old and my 8-year-old) and, we should all notice, doing a great job in an extremely hard situation which was not of his making.

Let's don't let our love for Dorothy and our desire to have her back make us blind to a gem of a person who is currently serving our children.

I urge families and teachers to take advantage of Julio's presence here and not to abandon the library in the belief that without Dorothy, "there's nothing worth going to the library for." I am sure that Dorothy herself would support this view. Thanks, Julio; keep up the good work. - Pat Jackson  
(and Ginger and Jasper)

## Immaculate Conception

- continued from page 1...

their beloved church from closure.

"We are still in shock, but are so overwhelmed with happiness that our church will not close," exclaimed Fr. Guillermo Lauriola, Pastor of Immaculate Conception. Better known to his parishioners as "Fr. William," he added "We are so happy that we can continue serving people here in Bernal Heights.

"It was terrible, simply unbelievable," exclaimed Fr. William upon having to inform his parishioners of the closure in November. "There was no earthquake damage to our church. We are self

sufficient and have no debts. We run a good school. Our only fault is that our congregation is small and growing old."

The "quaint, tiny" church on Folsom Street at Precita Avenue has been a sacred place of worship for Catholics in Bernal Heights since 1912. The church was originally established to serve the Italian-American populations who lived on the hill, but today its small congregation of 250 is just as diverse as Bernal. "Everyone - Filipinos, Spanish, Europeans - all come here to worship and everyone feels that they've found something special here each time

they walk through our doors," says Fr. William.

Immaculate Conception will not physically close, but it will be re-organized as a chapel of St. Anthony's Church, instead of remaining as a separate parish. "We will remain open with the same services and staff," explained Fr. Sergio Santos of Immaculate Conception. "We are all so happy to have stayed open. There were so many people who came to the closure hearings, wrote letters and made phone calls." Fr. Santos sighs with relief and joy as he adds, "And the phone just keeps ringing with people congratulating us on remaining open."

In June, 1994, Immaculate Conception will begin imple-

menting its merge with St. Anthony's Parish, located on Army Street, only two blocks from Immaculate Conception. Fr. William reasoned that physically merging the two churches would have not been successful, "Worship is based on freedom of the spirit. You can't tell people where to go to pray. The spirit has to move you, guide you and inspire you." Immaculate Conception Parishioners say that the intimacy

- continued on page 3...

# ON SALE

at The Good Life Grocery

## Pasta & Cheese

Homestead Ravioli  
All Natural Ravioli



Primavera .....\$2.99  
Vegetables, Mushrooms in Spinach pasta

Ricotta Romato .....\$2.99  
with sun-dried tomatoes

Large Cheese .....\$2.99  
with ricotta & mozzarella  
16 oz. - reg 3.75

Large Beef Ravioli .....\$1.99  
with spinach  
16 oz. - reg 2.49

Stella  
Aged Asiago .....\$4.99 lb.  
-reg 5.99 lb.

Italian  
"Baby" Grana .....\$5.59 lb.  
a nutty grated cheese  
-reg 6.39 lb.

Imported  
Blue D'Auvergne .....\$5.99 lb.  
"The Chef's Cheese"  
-reg 6.99 lb.

Sale Prices effective December 7 -December 19, 1993

**Free Parking  
Across the Street  
In our Very Own  
Parking Lot!**

## Breakfast Menu

Breadshop  
Puffs 'n Honey ... \$1.99  
13 oz. bag - reg 2.79



Lundberg  
Hot Brown Rice Cereal ..... \$1.75  
Cinnamon raisin - almond date - original organic  
12 oz. - reg 2.15



Brown Cow  
Whole Milk Quarts ..... \$2.59  
Vanilla or Maple ..... \$1.99  
Plain ..... \$1.99  
32 oz. - reg 3.19/2.39

## We Accept

ATM Cards  
MasterCard & Visa  
Cash & Checks  
Food Stamps



## Store Hours

Monday - Saturday  
9:00 am - 8:00 pm  
Sundays  
10:00 am - 6:00 pm

## Senior Discounts

We honor the San Francisco Gold Card for a  
10% Discount everyday from 9:00 am until  
3:00 pm. For information on obtaining a  
Senior Gold Card; call 626-4533

448 Cortland Avenue • Bernal Heights • San Francisco • 94110

## Soup & Snacks

Bearitos  
Fat Free Homestyle Soups .... \$1.39  
Black Bean - Lentil - Split Pea - Navy Bean - Tex-Mex

NEW!  
Pretzel Sticks ..... \$1.39  
9 oz. - reg 1.69

Pretzel Twists ..... \$1.39  
7 oz. - reg 1.69

Kettle  
Jumbo Size Potato Chips ..... \$2.39  
11 oz. - reg 2.89

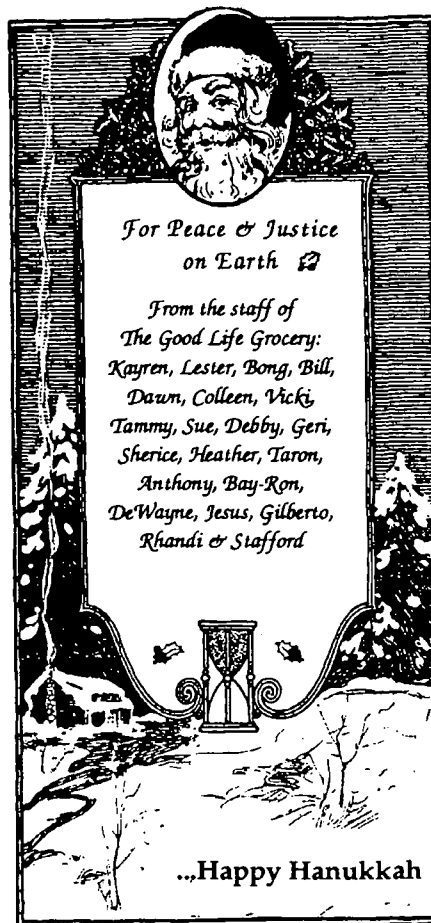
Barbaras  
Au Gratin Potato Chips ..... \$1.39  
5 oz. - reg 1.85

Organic Corn Chips ..... \$1.19  
8 oz. - reg 1.65

## Yes! We have Hanukkah Candles!

Shalom  
Chanuka Candles. \$1.49  
Imported from Israel  
44 ct. - reg 1.69

## Merry Christmas...



# Precita Park Playground is Finished!

Children now fill the park after months of construction delays

Well, it's almost finished.

After years of badgering, Bernal Heights residents have gotten the city and its private contractor to complete the renovation of the Precita Park playground.

The neighborhood celebrated the grand opening of the refurbished playground on October 9th, about six months after the groundbreaking, and more than a year after the project was conceived.

Since the festive opening, the playground has been crowded with hundreds of happy kids and their parents. The play structure is huge, bright and safe. The new swings glisten in the sun. The sand is clean; the grass is lush.

There is, however, unfinished and ongoing work at the park...and we need everyone who uses the park to help.

First, parents are still keeping the pressure on the Department of Public Works to get permanent garbage cans for the playground, fix the merry-go-round and attend to other unfinished details. We are told the merry-go-round will be replaced soon and the garbage cans will be ordered.

The person to call to make sure this stuff gets done, or make comments about any other playground problems, is Joe Timonere of the Department of Public Works.

Second, Margo Freistadt, one of the parents active in the effort to get the playground finished, is looking for other friends of the playground to help take care of the park.

For the most part, people have taken good care of the new playground. But there are always those who litter and scar even their own stuff with graffiti.

Margo is asking people to pick up litter when they take their kids to the park and help her wipe out graffiti. Leave your name and phone number on the "Friends of the Park" list at the Bernal Heights Neighborhood Center, and Margo will help you assemble a simple park clean-up kit to take along when you take your kids to the park.

"I want to establish the park as a place that's clean and safe for our kids," said Margo. "The time to get started taking care of it is now, when it's clean and new."

*By Susan Stern*



Children and their families take advantage of a sunny November afternoon to enjoy the new playground equipment in the renovated Precita Park on Precita Avenue at Alabama Street.

## Immaculate Conception

*- Continued from page 2...*

and family-like feeling at their small church would have been lost in a larger parish and that its congregation of mostly elderly members would have been displaced, alienated and very hurt. "It's not our fault that our congregation is old," says Fr. William, "The fault lies with the world trends of the church and how the church runs today. Our congregation shouldn't be punished because we are old."

"Sure it's just a tiny church, but it and Fr. William are also a big part of the community," explained

parishioner Jan Botza. "And because we're small, we are like a big family. Immaculate Conception is a very big part of our lives." Botza has two grandchildren who attend Immaculate Conception's school of 280 students, which will also remain open.

Botza recalls when Immaculate Conception's parishioners presented the Archdiocese with a petition filled with hundreds of signatures protesting the closure of their church, just a couple of days after the closure was announced. "They were very surprised," remarked Botza, "I think that they didn't expect our little church to do anything." Botza says that support for Immaculate Conception extends beyond Bernal Heights, as hundreds of past

parishioners who have long since moved out of the city attended the church's monthly Spaghetti Dinner on November 17th. "There were 500 hundred people who came from everywhere. This shows how much the church means to us - how special it is - and that we were ready to fight for it!"

Fr. William felt very indebted to many people who helped to save the church, "especially our parishioners who fought so hard and for the support of the Bernal community, St. Anthony's, St. Kevin's and the *New Bernal Journal* - everyone helped us so much and we are very grateful."

*- By Vicki Victoria*

## WEST PACIFIC MORTGAGE & REALTY CO.

Attention Homeowners, time is running out!! Interest rates have been inching upwards within the past 3 weeks. Take advantage of the low interest rates before it is too late!!!  
**\$AVE Thousands!**

**30 Year Fixed**  
**6.875** 7.13 APR

**15 Year Fixed**  
**6.500** 6.76 APR

**5/25 Fixed**  
**5.875** 6.13 APR

**7/23 Fixed**  
**6.125** 6.38 APR

**T-Bill ARM 12 mos.** **JUMBO 30 Year Fixed**  
**3.875** 4.13 APR **7.125** 7.38 APR

**WE HAVE NO POINT LOANS & ALSO NO COST LOANS AVAILABLE - PLEASE CALL FOR QUOTES!**

**PURCHASE, REFINANCE OR CONSTRUCTION**  
ALSO BAD CREDIT, BANKRUPTCY, FORECLOSURE, & QUICK QUAL. ARE AVAILABLE

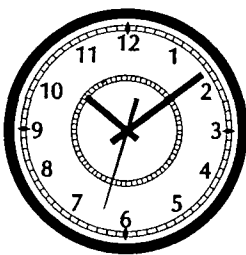
**We represent major lending institutions.**

**CALL NOW CLARENCE CASTILLO FOR FREE QUOTES!**

**(415) 495-7144**

340 Townsend, Suite 416, San Francisco, CA 94107

Rates are subject to change without prior notice. Real Estate Broker CA Dept. of Real Estate



## HAPPY HOLLIDAYS BERNAL!

**MAY THE COMING YEAR  
BRING YOU  
HAPPINESS & PROSPERITY**



**Thanks To Everyone  
In The Neighborhood  
For A Great 1993!**

**Randall Kostick**

661-0269



**ZEPHYR  
REAL ESTATE & INVESTMENTS  
3841 24TH STREET  
SAN FRANCISCO, CA 94114**



# Sewer Shaft

continued from page 1...

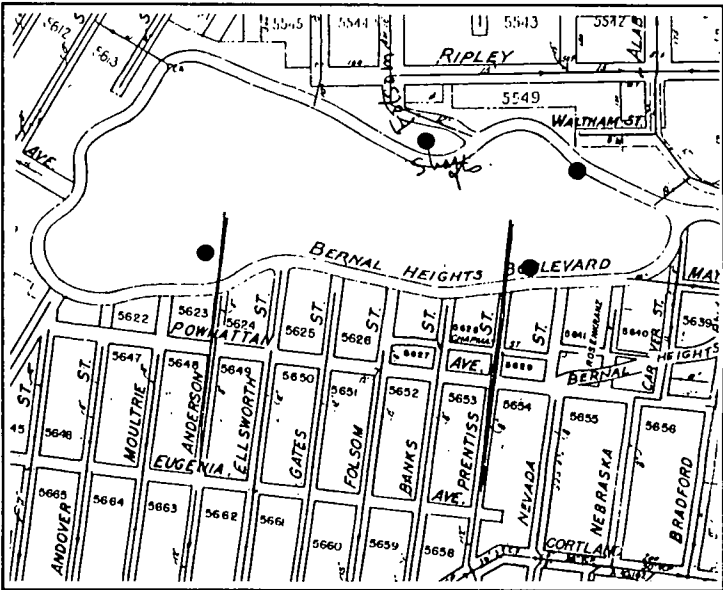
selecting a new plan is November 1, 1994. The DPW staff have come up with six alternatives for comparison:

- 1) The "No-Build" Alternative**  
Do nothing.
- 2) New 150 MGD Bay Outfall**  
Construct a new, deeper outfall that will stretch further into San Francisco Bay.
- 3) Crosstown Force Main**  
Install a force main and pump stations (large pipes beneath city streets, through which the wastewater is pumped) routed along Alemany Boulevard, beside Lake Merced, to the Ocean Outfall near the Zoo.
- 4) Crosstown Tunnel and Surge Shaft (250 MGD)**  
Drill a 10.5 foot diameter tunnel beneath Bernal Heights, with a surge shaft up to 30 feet in diameter through the heart of the hill. The surge shaft will protect the tunnel against pressure surges from the wastewater being pumped at the treatment plant and the changing tidal levels in the ocean. Also, the surge shaft planned for Bernal Hill will be the primary air vent along the 37,000 feet of tunnel extending from the Southeast Treatment Plant to the Ocean Outfall.
- 5) Crosstown Tunnel and Surge Shaft (400 MGD)**  
Drill a larger tunnel, 13 feet in diameter beneath Bernal Heights, same surge shaft.
- 6) Water Recycling**  
Export reclaimed water to Central Valley farmers. In this scenario, San Francisco will join with other Bay area wastewater agencies to transport reclaimed water to the San Joaquin Valley, where it will irrigate fields and crops.

Originally, City staff described the surge shaft as being about the size of a manhole grate, flush with the land surface, at one of the four locations shown. At the September 14th meeting, they presented a 30 foot diameter structure with an 11 by 17 foot grate and a building to house the filtering system. The City plans to eventually

mately, all the treated wastewater from the northern and eastern sides of San Francisco may travel through the tunnel.  
**Some Neighborhood Concerns**  
**Earthquakes:** San Francisco is in an area of high seismic risk. Scientists at the US Geological Survey have estimated that there

is a 67% chance of an earthquake at least as big as the 1989 Loma Prieta earthquake in the Bay area during the next 30 years. Up until now, Bernal Heights has been extremely fortunate and has enjoyed relative stability during earthquakes. What uncertainties and dangers will the surge shaft and tunnel introduce in our lives?  
Earthquakes may crack the tunnel somewhere along its 37,000 foot length. Wastewater seeping from these cracks might pollute our groundwater.  
**Air Emissions:** It is important to keep in mind that wastewater—and not raw sewage—would be moving through the tunnel. (Wastewater is raw sewage which has been treated, and from which many of the pollutants have been removed.) The current City plans call for an activated carbon filtering system within the surge shaft. The air emission will have to meet air regulations that were developed to protect the general public—hopefully we will be safe.  
But what about our more vulnerable neighbors, the ones with fragile health? Those with allergies, asthma, compromised immune systems (AIDS or cancer), respiratory ailments, pregnant women, young children, and our senior citizens? What will the air emission do to them?  
Furthermore, what will the air emissions do to people who exercise heavily at (or getting to) the top of our hill? Using Bernal Hill to discharge air emissions conflicts directly with the designation of public recreation and open space, centered in a larger residential community.  
**Odors:** What about odors? Will the filters remove all the compounds that cause odors?



Bernal Hilltop locations of the four sewer shafts that are proposed as one of the alternatives for the crosstown tunnel.

**Construction:** The tunnel will be drilled beneath Bernal Hill, and a pilot shaft of 12 to 16 feet in diameter will be drilled from the top of the hill down to meet the tunnel. Contractors will use explosives and blast to widen the shaft. How much vibration will there be? If damage occurs to residences during construction, will the City be liable for repairs?  
**Costs:** ( see chart A for total construction costs).  
Regulations are growing more

this points to the fact that the City decision makers could choose the tunnel surge shaft alternative simply by process of elimination.  
As a group of concerned Bernal Heights neighbors, we support accelerating the Water Recycling option so that it can be considered on equal footing with the other alternatives. We strongly oppose the Crosstown Tunnel and Surge Shafts alternatives and support Water Recycling as the most promising. We urge you to care-

Alternative	Construction Cost	Annual Operating Costs
1) No-Build	0-	??
2) New Bay Outfall	\$70 million	\$1.3 to 1.8 million per year
3) Crosstown Force Main	\$140 million	\$3.6 million per year
4) Crosstown 10.5 foot Tunnel/ Surge Shaft	\$220 million	\$950,000 per year
5) Crosstown 13 foot Tunnel/ Surge Shaft	\$230 million	\$950,000 per year
6) Water Recycling	\$3 billion—may qualify for federal. Export Project financing, will be shared among other Bay area agencies	

Chart A

stringent at both the federal and state level. The concentrations of compounds allowed in discharge to the bay are much lower than they used to be. Alternatives 1 and 2 are unlikely to meet these limits. When one considers the annual operating costs along with construction costs, the tunnel/surge shaft alternatives begin to look like a bargain. Although the Water Recycling is an promising alternative, this option is still in the preliminary stages. Please note that of all the alternatives, only the 13 foot diameter tunnel has adequate capacity to meet the City's long-range plans. In short,

fully consider these alternatives and make you opinions known to the Board of Supervisors.  
**Where We Are Now:**  
City staff members are currently preparing a draft Environmental Impact Report (draft EIR), which describes the six alternatives and will try to list the impacts of each. The schedule for publishing the draft EIR is late 1993 or early 1994. There will be public hearings and a written comment period of 30 days. The Office of Environmental Review MUST respond to all comments

- continued on page 5...

# TECH-1

## AUTOMOTIVE

POTRERO HILL'S FIRST FULL SERVICE GARAGE

OPEN  
7 DAYS  
TECHNICIANS  
ON DUTY!

- FREE PICK-UP & DELIVERY
- FREE LOCAL TOWING  
(DIAGNOSTIC FEE REQUIRED, WILL APPLY TO AUTHORIZED REPAIRS)
- COMPLETE BRAKE SERVICE
- NEW WARRANTY MAINTENANCE SERVICE
- TIRE & WHEEL SERVICE
- COMPLETE COOLING SYSTEM SERVICE

- STRUT & SHOCK REPLACEMENT
- CLUTCH SERVICE
- TRANSMISSION SERVICE
- COMPLETE TUNE-UP SERVICE
- ELECTRONIC ENGINE CONTROL REPAIRS
- ELECTRICAL REPAIRS
- OIL CHANGE SERVICE
- COMPLETE DIAGNOSTICS CHECK-UP
- FREE BLUE BOOK VALUE INFORMATION
- EMERGENCY AUTO REPAIRS
- FLEET REPAIRS ALSO AVAILABLE

SPECIALIZING  
IN  
FOREIGN  
AND  
DOMESTICS

CALL NOW FOR AN APPOINTMENT - ASK FOR ROBERT OR EDGAR

1460 ILLINOIS STREET  
(AT 25TH STREET, OFF ARMY ST.)  
550-8534 OR 550-8603

VISA \* MASTERCARD ACCEPTED!

"THE SERVICE SHOP YOU'VE BEEN LOOKING FOR"

## Bonview/Elsie Neighbors Wary of Developer

Plans to develop land at the end of Bonview Street are being scrutinized by neighbors who fear that the development will encroach onto Bernal Hilltop's open space. "If the city approves the developer's plans to cut into the open space, it may set a precedent that we don't want," explained Bernal resident Robin Taylor. "The approved plans already include cutting down two magnificent pines." Taylor says that a proposal to cut into the greenbelt has been submitted to receive a variance from the city. He and other members of the North West Bernal Block Club and North West Bernal Design Review Board are keeping an eye on the proposed development.  
Neighbors concerned about the possible development on Bernal Hilltop are invited to attend that next block club meeting by calling Robin Taylor at 647-4596. •

# Community Forum on Market Heights

By Helen Helfer,  
BHHC Executive Director

Interested neighbors throughout our community are invited to a Community Forum on Tuesday, December 14th from 7:00-8:30pm at the Neighborhood Center at 515 Cortland Avenue. Sponsored by the Bernal Heights Housing Corporation, this is an opportunity for new and old-time residents to meet the architect and members of our planning and development team for Market Heights.

In July, the Planning Commission voted unanimously to approve our Negative Declaration, and again voted unanimously in October on a supplemental report more clearly addressing urban design issues. The Negative Declaration was then sent to the Board of Supervisors which ratified it on November 8th with a 10-1 vote. The legislation was introduced by Supervisor Kevin Shelley.

Our 99 year lease with the city for the hillside behind the Farmer's Market was also approved 10-1 at the Board of Supervisors November 8th. This lease

(which is *only* for the unused hillside and *not* for any land occupied by the Farmer's Market) is enormously helpful to show our clear ownership interest in the land.

As Mayor Jordan stated in his letter to the Planning Commission in July: "After considerable negotiation with representatives, both supportive and opposed to the (Market Heights) project, I am pleased to see a plan that I believe would have no negative impact on Farmer's Market or the surrounding neighborhood....In a city that has become unaffordable for many working class families, innovative developments are critical to our future. The Bernal Heights Housing Corporation and our Office of Housing have worked to develop this project which exemplifies this goal."

We hope you can join us on December 14th to hear more about Market Heights. If you can't come, or would like further information before then, please feel free to call our office at 648-0330 and ask for the updated *Fact Sheet on Market Heights*.

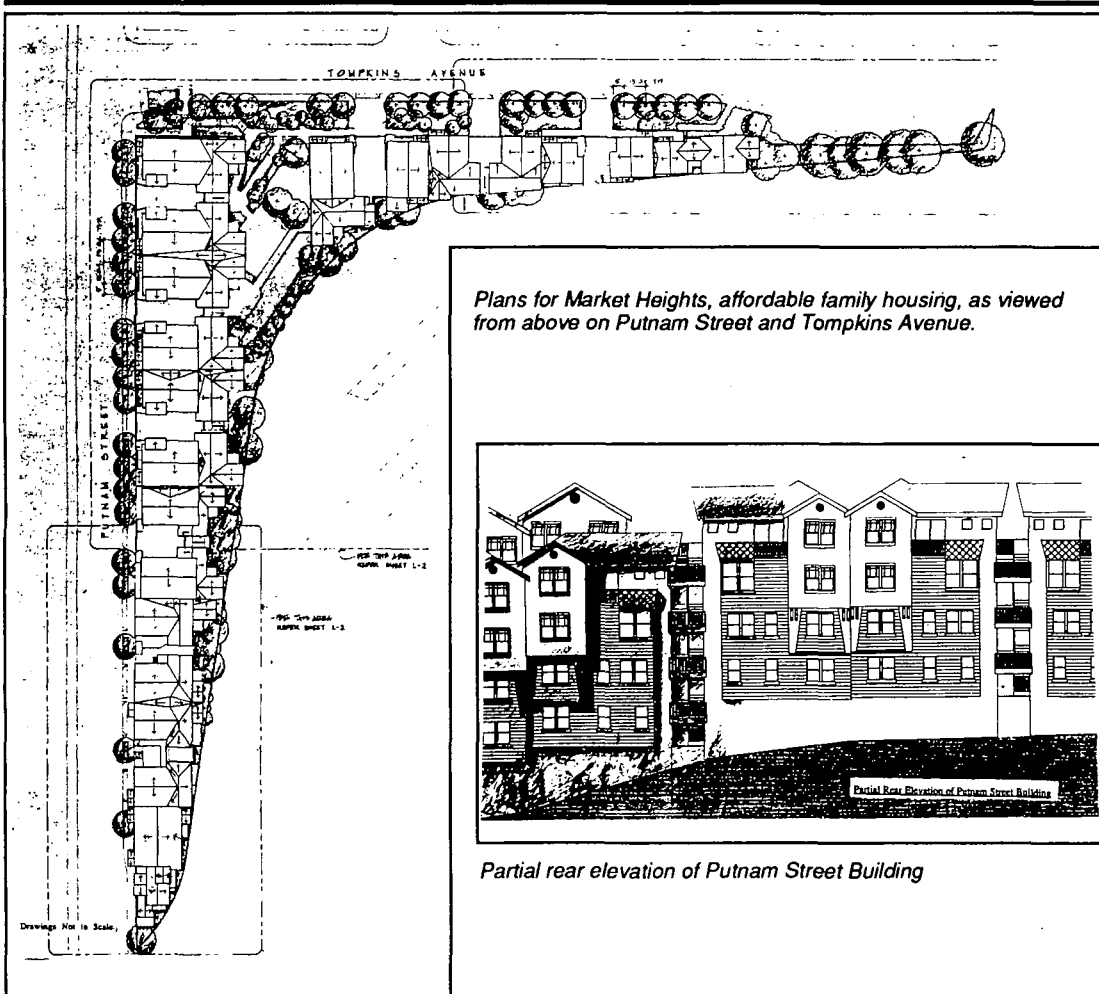
their mailbox.

If you are opposed to the tunnel/shaft, you may want to help with the petition drive. Or, if you just want to learn more, attend the meeting at the Bernal Heights Neighborhood Center at 515 Cortland Avenue on Thursday,

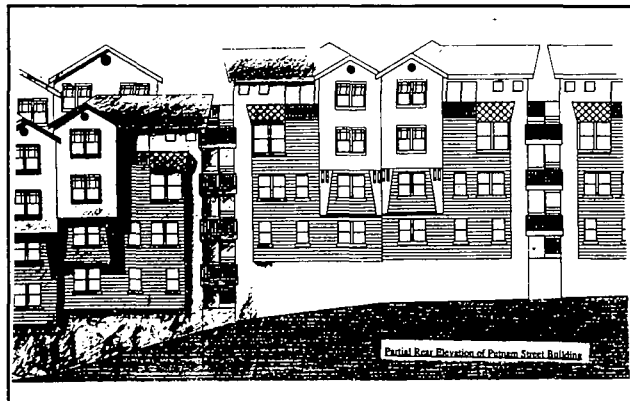
January 13th, at 7:00 p.m.

If you would like to receive an information packet from the DPW, call Alex Mamek, Public Affairs Office: (415) 431-9430.

- Collectively written by  
Concerned Bernal Neighbors  
who Oppose the Shaft



Plans for Market Heights, affordable family housing, as viewed from above on Putnam Street and Tompkins Avenue.



Partial rear elevation of Putnam Street Building

## Sewer Shaft

continued from page 4...

in a document entitled: "Summary of Comments and Responses." This is then submitted to the Planning Commission for certification along with the draft EIR. After the Board of Supervisors reviews the draft EIR, the Planning Commission recommends approval or denial. If approved, the Supervisors sign

the EIR.

The Supervisors are the ones who will eventually select the alternative and sign the EIR. It is important to let them know your ideas, thoughts, and opinions.

### What You Can Do:

- Request to be on the mailing list to receive the draft Environmental Impact Report for the Bayside Discharge Alternatives Project. Call:

Frank Felice,  
Environmental Coordinator

(415) 554-8226

1680 Mission Street  
San Francisco, CA 94103

- Attend the public hearing. If you are on the above mailing list, you will be notified of the time and place. We will also try to post it around the hill. This is *the* important meeting to voice your opinion!

- Send written comments within the 30-day period.

- Write the Board of Supervisors. Let them know your position NOW so they are ready and informed when the draft EIR lands in

CALIFORNIA  
PACIFIC  
MEDICAL CENTER

## California Pacific Medical Center Invites You...

California Pacific Medical Center is developing a long range plan in its continuing effort to more efficiently provide the full spectrum of health care services to our community.

Please join us at one of the public meetings listed below to learn more about these proposals and to offer your own ideas, comments, and questions.

Wednesday, December 1, 1993  
7 to 9 p.m.

30th Street Senior Services  
225-30th Street  
San Francisco

Wednesday, December 8, 1993  
7 to 9 p.m.

California Campus  
Bothin Auditorium  
3700 California Street  
San Francisco

Thursday, December 16, 1993  
7 to 9 p.m.

Pacific Campus  
Conference Center  
2333 Buchanan Street  
San Francisco

# Baskin 31 Robbins

## Now Open in Bernal Heights!

Our Gift To You

**\$2.00  
OFF**  
ANY CAKE



Offer good on your next visit to location(s) listed on back with this coupon. One coupon per visit. Not valid with any other offer. Void where prohibited or restricted by law. Offer expires 1/31/94.

Baskin 31 Robbins

Our Gift To You

**75¢  
OFF**  
BANANA SPLIT  
ICE CREAM OR YOGURT

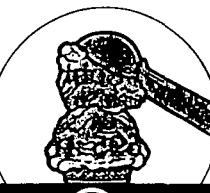


Offer good on your next visit to location(s) listed on back with this coupon. One coupon per visit. Not valid with any other offer. Void where prohibited or restricted by law. Offer expires 1/31/94.

Baskin 31 Robbins

Our Gift To You

**2nd SCOOP  
1/2  
PRICE**  
with purchase  
of regular scoop  
at full price



Hurry Back!

Offer good on your next visit with this coupon at Baskin Robbins location(s) listed on back. One coupon per visit. Not valid with any other offer. Void where prohibited or restricted by law. Offer expires 1/31/94.

Baskin 31 Robbins

## 3100 Mission Street • 695-1531

(At Army Street, across from Blockbuster Video)



# 5th Annual Fiesta on the Hill Best One Ever!



By Demece Garepis,  
Fiesta On The Hill '93  
Coordinator

WOW! Did we have a great time, children, youth, adults and seniors! On Saturday, October 23rd from 11:00 a.m. to 6:00 p.m., the Bernal Heights Neighborhood Center and co-sponsored by the San Francisco Park and Recrea-

tion Dept. threw our annual community celebration in the Bernal Playground. Fiesta on the Hill is an alcohol free, multi-ethnic celebration of our community harmony, and an opportunity to take time out and do some serious face painting and major dancing. As always, the Fiesta was admission free. This Fiesta was the best one yet, according to all the over 2500

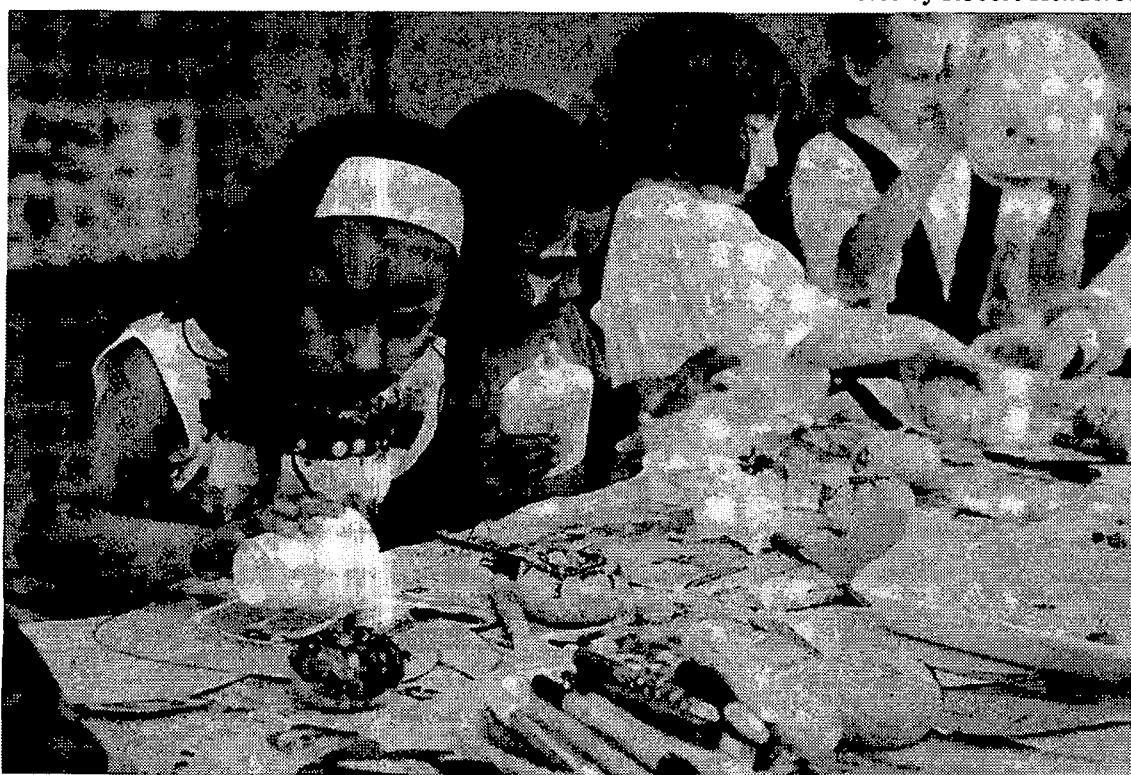
- continued on page 7...



Photos by Robert Henderson

Dr. Loco and his Rockin' Jalapeño Band highlighted Fiesta '93 with their nationally acclaimed Chicano Movement Music. As the Fiesta's star attraction, Dr. Loco and his boys brought the crowd to their dancing feet with their intoxicating and pulsing salsas, cumbias and Latin polkas as well as their messages of Chicano pride, racial equality and the rights of all workers.

Children at the Fiesta never experienced a dull moment as dozens of activity tables filled the Fiesta. Pumpkin painting, button making, mural painting and storytelling were just a few of the wonderful activities put together by community residents and organizations who wanted to make the Fiesta a special day for kids.



The talent and wit of comedian Tom Ammiano highlighted the Fiesta. Pictured here, he has the crowd rolling in laughter as he attacks politicians on a local and national level.



## Call the SHAGLEYS for REAL ESTATE

Your Bernal Heights Professional Realtor  
14 YEARS OF REAL ESTATE EXPERIENCE



Caren Shagley  
415/474-1845 x287



Earl Shagley  
415/863-7500 x156

## Vela Appointed to Park and Open Space Committee

Congratulations to Bernal Heights Neighborhood Center Director and Bernal resident Mauricio Vela, who was appointed by S.F. Supervisor Susan Leal in October to serve as a committee member on the Park and Open Space Citizen's Advisory Committee.

The 23 member committee will make recommendations on how the Park and Open Space's '94-'95 \$16.4 million budget will be spent. Nearly half of the budget has been slated for acquisition and development of open space, with smaller percentages dedicated to renovation, maintenance, administration and

after school recreation programs of current park properties and programs. "I would like to be an advocate for the community," said Vela of his appointment, "I think that those proposals which have the strongest community support and existing previous projects should be the priorities of funding by the Open Space Committee."

Bernal Heights has benefited from these funds through recent renovations and repairs at Holly Park, Bernal Gym, Precita park and the many mini-parks and gardens that enhance the Hill.

# Fiesta '93!

- continued on page 7...

children, youth, seniors and adults who attended! And even if you didn't attend, you probably heard our lively music entertainment from local groups such as Giles Brothers Band, Harvey, Kombo Kwela, Pinch, Tom Ammiano, the Thomas R. Pollicita Middle School Cheerleaders, Ava Apple and Company Dancers, Pat Wilder's Wild Car Chase Band, and our ever incredible national home town band Dr. Loco's Rockin' Jalapeño Band! Merchants up and down Cortland, Mission, Bayshore, and Noe Valley put their businesses on the **Bernal Business Map**, the Fiesta Adbook centerfold. You can get a copy of the **Bernal Business Map** free at the Bernal Heights Neighborhood Center. This attractive map illustrates our lovely neighborhood businesses, and dramatically points out to us residents that our neighborhood businesses are diverse and thriving! Let's patronize them! Children and youth painted enormous, colorful dragons and pumpkins in the Bernal Gym, while outside youth painted the most glorious mobile mural on the Basketball Court wall. Children were entertained by the baby pumpkin painting, the colorful clowns doing

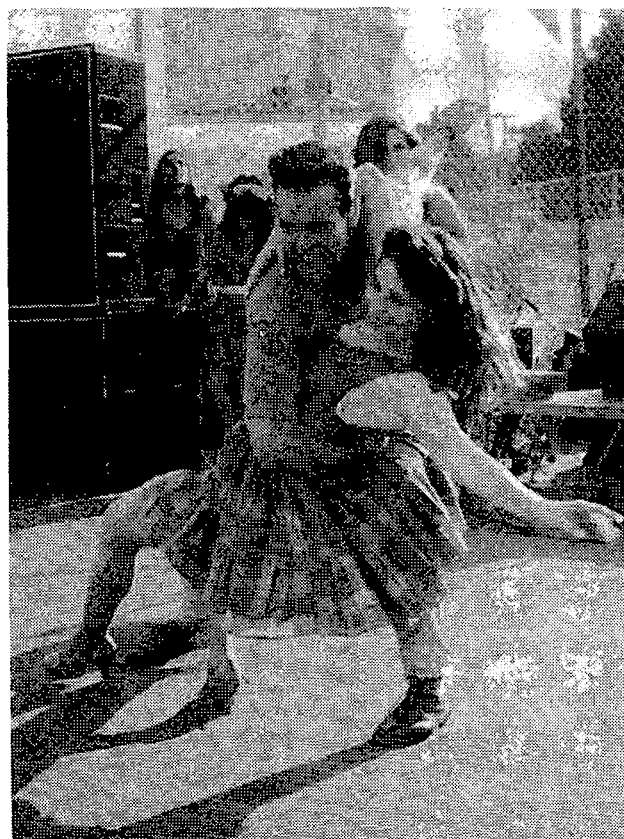
kids' face painting, the ladies on stilts Women Walking Tall, and the wonderful interactive exhibits of the Exploratorium, Academy of Sciences, the Randall Junior Museum, and the San Francisco SPCA! Every child walked away with a few paintings and a baby pumpkin! Plus, there were lots of preschool tables adding to the diverse entertainment and learning exhibits for kids.

A rainbow array of arts and crafts tables in the Bernal Playground as dozens of artists displayed their beautiful creations for the neighborhood. Exciting 'Go, go, GO!' chants from players at the BHNC Seniors' Game Wheel booth filled the playground and victorious shouts of 'BINGO!' came from the gym during afternoon bingo games. When families wanted a break from the activities, what better thing to do then eat and watch a neighborhood friend get dunked in the dunking booth? Eats were really fabulous this year, featuring Nicco's Cafe, Joe Johnson BBQ, Aida Macatangay's Philipina Cuisine, and our very own BHNC Youth Committee's Secret Recipe Hot Dog and Hamburgers. There were lots of children waiting very patiently in line to dunk their principal, Randy Haves of Paul Revere Elementary School. And once again this



Hundreds of Bernal residents and San Francisco neighbors enjoyed Fiesta on the Hill, '93 on sunny Saturday in October.

The Fiesta had the intimacy and friendliness of a neighborhood block party and also the the sweeping excitement of a big street festival.



The Ava Apple and Company Dancers performed with incredible agility and enthusiasm to a delighted Fiesta crowd. Local and multi-cultural dances reflected Bernal's abundant talent and diversity.



A girl admires the magic of crystal necklaces displayed by local artisans. Dozens of tables of jewelry and arts & crafts created a colorful sea of creativity at the Fiesta.

year, the traditional yell 'Dunk the Clown!' sent sleeping clown Nic Griffin smashing into the cold water!

Bernal residents also got better acquainted with the many senior, youth, and community organizing programs of the Bernal Heights Neighborhood Center, and the affordable housing development projects of its sister organization, the Bernal Heights Housing Corporation, also a non-profit organization. The Fiesta is BHNC's major annual fundraising event, and those funds help support our comprehensive senior, community development, and youth programs. Just look on the Bernal Heights Neighborhood Center's front door at 515 Cortland, and you'll find lots of services and programs that could use your volunteer time and talents! You'll get a bi-monthly newsletter keeping you informed of all the activities of Bernal Heights when you become a member! Remember, Bernal Heights is our neighborhood, and we like making our own unique, fun brand of economic and cultural diversity! You can still pick up a Fiesta On the Hill T-shirt for cheap at the BHNC, but there's only a few left! The Bernal Heights Neighborhood Center would like to thank all the incredible Fiesta volunteers and these very special Bernal merchants who helped make this Fiesta the best one ever! See you next year at Fiesta '94!

## Bernal Heights Neighborhood Center Board Committee Meetings December, 1993

Senior Committee  
Monday, 12/6, 4:00 p.m.

Organizing/Outreach Committee  
Tuesday, 12/7, 6:30 p.m.

Youth Committee  
Thursday, 12/9, 7:00 p.m.

Fundraising Committee  
Monday, 12/13, 6:00 p.m.

Executive Committee  
Monday, 12/13, 7:00 p.m.

All meetings held at 515 Cortland Avenue.  
Call the BHNC at 206-2140 for more information.



1929 Market Street  
San Francisco, CA 94103  
415/863-7502 FAX 863-0407

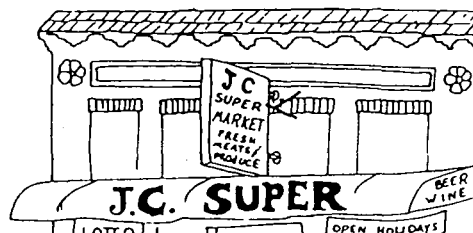
Lynne Jassem  
863-7500, Ext. 185

### ★ ★ ★ ★ FOUR STAR VIDEOS

Featuring the best in Home Entertainment  
11 a.m. to 9 p.m. Everyday

402 Cortland Ave.  
San Francisco, CA 94110

415-641-5380



SERVING BERNAL HEIGHTS SINCE 1970

**J.C. SUPER**  
820 CORTLAND • 648-4656



# CLASSIFIEDS

## HOME CARE

**Handyman/Carpenter.** Repair a door, hang a kitchen cabinet, add a room, build a fence or a deck or even trim a tree. I'm handy, skilled and do good work at a reasonable price. Robert, 824-1634. (Bernal references).

**Window Repairs:** Replace broken glass, ropes, and putty. Small carpentry and household repair jobs. Free estimate. I am always on time. City Window Service. 337-9327.

**Expert Affordable House/Office Cleaning** by mature women. References. Domestic referral services. A non-profit community service. (Options for Women over Forty) 626-2128.

**Handyman** - repairs, painting, building shelves, decks, fences. References, reasonable rates. Harry Irving 824-6812.

## PROFESSIONAL SERVICES

**The Traveling Mechanic:** Tune-ups, brakes, general repairs, foreign and domestic, used car evaluations. 18 years extensive experience, all work guaranteed. \$40 per hour, housecalls. Giorgio, 647-3403. Licensed and certified.

**Custom upholstery and/or slipcovers.** Excellent work quickly done, photos & references. Jim or Kris, 621-4390/824-1180.

**Affordable & Beautiful Floral Designs** for your weddings, celebrations, funerals and any occasion. I work from my home, saving you money on expensive overhead costs of floral shops. Local references & delivery. Flowers by Christine, 821-7188.

**Tax Preparation, accounting services.** Friendly CPA specializing in small businesses & individuals. Reasonable rates. 1/2 hour free consultation. 10% discount with this ad. Jack @ 826-2958.

**Computer Training.** Increase \$\$Earning Potential. Qualify for employment in one month! Data Entry • Word Processing • Accounting. Days/Evenings/Week-ends. Free Introduction. American Career Institute 495-0950.

**Moderne Graphics/Desktop Publishing.** Newsletters, brochures, business cards, catalogs, menus, t-shirts, letterhead, logos, newspapers, ad design. Free consultation. 282-7955.

## REAL ESTATE/RENTALS

**Why Rent When You can Own?** I'm a Realtor who specializes in helping first-time buyers, like you, find a house, loft or condo in San Francisco priced below \$200,000. Right now there are also special tax credits available to moderate income first-time home buyers, making buying a home more affordable than ever. Call Kristin at Brown Bear Realty to find out more: (415) 285-5700.

**Office Space for Rent.** Available for practitioners of alternative healing arts (bodyworkers, chiropractors, therapists, etc.) Reasonable rates and good location. For more information call (415) 285-7346.

**Ski Tahoe Getaway!** Beautiful home in prestigious Incline Village. Ski Squaw, Alpine, Diamond Peak, Heavenly. Large kitchen, 3 bedrooms, 2 baths, steam/sauna room, livingroom with fireplace, 2 decks, garage, all appliances & laundry. Call 282-7955.

**Free Rental Service.** As a community service, we at Brown Bear Realty will donate space on our outside bulletin board for rental listings in the Bernal Heights neighborhood, free of charge. Call Bob or Kristin at Brown Bear Realty for details: (415) 285-5700.

## PET CARE

**Does Rover need training?** Exercise? A ride to the vet? Want to be sure Fluffy is content while you're away? Positively Pets can help! Training, problem solving, pet sitting, geriatric care, exercise, transportation. 10 years experience. Bonded. References available. Senior discounts. 647-2463.

## FOR SALE/WANTED

**For Sale:** 48" round rattan table with 4 chairs, upholstered seats. Excellent condition. \$250.00. 826-1070.

**For Sale:** Two Hanging Wicker Swag Lamps. Mint condition, used only two years. Half price: \$31 and \$28, includes decorative bulbs. Marie, 206-0872.

**Musical Equipment Wanted.** Guitars, saxophones, amplifiers wanted. Absolute top cash paid. 641-8881.

**Cash for furniture:** Household items, rugs, jewelry, taxidermy & collectibles. One item or household. Quick courteous service. 621-4390 or 824-1180.

**Donate New & Unused Toys** to the Bernal Heights Youth Committee's Toy Giveaway to low income children in Bernal Heights. Please drop off toys to Neighborhood Center, 515 Cortland, 9am - 5pm before 12/16/93. Clear out your closets of unused gifts or buy a toy for a child in need this holiday season. For drop off or pick up information, call us at 206-2140.

## HEALTH

**Counseling/Tools for change.** I provide a safe, nurturing environment to help you clarify times of transition, heal old wounds, release hindering patterns, and create positive changes in your life. Esther Goldman, M.A. (415) 431-1066. Sliding Scale.

**Treat Yourself to a Massage.** I utilize Swedish and Shiatzu massage techniques and accupressure to help alleviate stress and pain. Bernal home practice. Call Elva, 647-9712 to set up an appointment.

## VOLUNTEER OPPORTUNITIES

**Help Deliver Meals to Seniors** in Bernal Heights. Our new Emergency Meal Program provides temporary meal service to elderly in Bernal who are on waiting lists to receive regular service. Your help a few hours a month will make a difference for frail and homebound elderly in our community who face hunger. Contact Vicki at the Bernal Heights Senior Program, 206-2145.

**Bernal Heights**  
YEAR ROUND APPOINTMENTS  
REASONABLE RATES

**Bernal**  
**TAX-HERTS**

**INCOME TAX**  
FEDERAL & STATE  
**NOTARY PUBLIC & BOOKKEEPER**

FLORA L. ALEXANDER, T.P.  
501 CORTLAND AVENUE  
SAN FRANCISCO, CA 94110

(415) 641-4922  
RES. (415) 993-6811

# DON'T LET YOUR MEMORIES FADE AWAY

Bring us your photos, old, new, black & white or color, or instants and we'll make photographic duplicates of them:

- Right here in our store • While you wait
- No negative required • Reduce or enlarge

**MISSION**  
ONE HOUR PHOTO

2859 Mission Street (btwn 24th & 25th)

San Francisco, Ca 94110

(415) 648-6698

ONE HOUR COLOR PRINT FILM DEVELOPING  
Open 7 days

LIC. 552716

**Dan B. Underhill**

PROTECT YOUR INVESTMENT AND YOUR HEALTH !

(NOT NECESSARILY IN THAT ORDER)

**PLUMBING - 355-2415**  
DESIGN • INSTALLATION • REPAIR • MAINTENANCE

**Holiday Volunteer Opportunities.** Give a little of yourself this holiday season by helping to serve holiday meals, pack holiday food boxes, deliver gifts & food, gift wrap, or assist at holiday events for youth or seniors and families in need. It's a great way for you and your family to truly discover the meaning of the holidays. Call the Volunteer Center at 982-8999 for more information.

## JOB OPPORTUNITIES WANTED

**Youth are Ready to Work!** Young people in Bernal Heights are gaining job skills and experience through the Ready For Work Program at the Bernal Heights Neighborhood Center. If you own a business or are an employer, you can harness and benefit from the enthusiastic talent and skill of these young men and women by calling Raul Rodriguez, 206-2140.orena or Jess.

# CLASSIFIED ADS ONLY 20¢ per word!

TOTAL \_\_\_\_\_ words @ 20¢ per word = \$ \_\_\_\_\_  
TOTAL ENCLOSED

**20 word minimum.** Hyphenated words count as 2 words. A phone number counts as 1 word. Placement order of an ad is at random at can not be requested. If you desire a tear sheet after publication, send a self-addressed stamped envelope and include a \$2.00 handling fee with your payment. If we misprint your classified ad and the error effects the value or content of your ad, we will repeat a corrected version in our next issue. **PLEASE PRINT CLEARLY!**

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

DAY PHONE: \_\_\_\_\_

Send this form along with **complete payment** to the:

**New Bernal Journal**  
515 Cortland Avenue  
SF, CA 94110

**CLASSIFIED ADS FOR OUR  
UPCOMING  
FEBRUARY/MARCH '94  
ISSUE ARE DUE BY 1/28/94**

Bernal

**BERNAL H**

★ ★ ★  
**FOUR STAR V**  
**VHS RENTALS & S**

Great Selection of:

- NEW RELEASES • CLASSICS
- FOREIGN • CHILDRE
- CULT • ADULT
- SUPER NINTENDO - SEGA

**VCR RENTAL**

**641-53**

We Accept Reservat

402 Cortland Avenue (at

**A WOMAN-OWNED B**

- SUBARU • TOYOTA • NISSA
- HONDA • GM • FORD • C

Complete Domestic and Foreign Car Se

Tires • Alignments • Brakes • Shocks

Mon -

**AUTO 550**

185 BAYSHORE NE

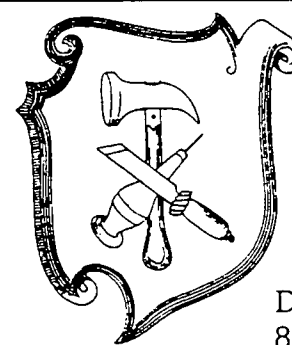


**FREE DELIVE**

Se

**439 Co**

**S.F.**



**Handr**  
**Sanda**  
**Sho**

Custom  
Unlimited

David Rogers  
813 Cortland Av



**Computer sick**  
**We make house ca**

Fast turnaround, reasonable prices, and  
who'll answer your questions

We service PCs, Macs, and print

**NOE VALLEY COMPU**

100 Clipper St. (at Church) in San

Open 10 to 6 Monday thru Fr

282-3000

Repair

Networking





# Bernal Heights Neighborhood Shopping Guide

**IGHTS****DEOS****LES**

Open  
7 Days  
11am to 9pm

S  
0  
ns  
ennington)

**SINESS**

• MAZDA  
IRYSLER  
rice and Repair  
Suspensions  
8:00-5:30  
**2400**  
on  
R ARMY

**RROW  
HARMACY****Y ON PRESCRIPTIONS**

habla Español  
land Avenue  
• 648-5618

ade  
&

it,  
tyles

26-5089  
SF, CA

Batteries for All Applications  
Daily discount for Senior Citizens & Handicaps

**GLORIA  
THE BATTERY LADY**

Distributor of  
Power-GLO High Performance  
Batteries

Mission St.  
San Francisco, CA 94110

(415) 647-5811  
Beeper 719-6996

S.  
people

**TERS**  
ncisco  
y  
Sales

The  
**New  
Bernal  
Journal**

8,000 copies  
delivered door to door  
in Bernal Heights!

## SAN FRANCISCO AUTO REPAIR CENTER

FOREIGN AND DOMESTIC  
AUTO REPAIRS

- NOW OPEN 7 DAYS!
- Dependable Work - Honest Prices
- Basic Auto Repair Classes
- A Community - Oriented People's Garage
- Men & Women Mechanics
- Official California Smog Station

611 FLORIDA ST. (Near 18th), S.F., 285-8588

**\$10.00 Off Smog Test**

SAN FRANCISCO AUTO REPAIR CENTER



Since 1982, your caring

**NEIGHBORHOOD DENTIST**

Si habla Español • Nagsasalita kami ng Tagalog  
One block from St. Luke's Hospital

- Nitrous Oxide and Stereo Headphones
- Preventive Care
- Caridex System Minimizes Drilling
- Bleaching
- Implants
- White Fillings
- Dental Insurance Accepted

**641-8900**

Glenn S. Belen, D.D.S.

and Associates

3208 Mission Street

Member: ADA, CDA, SFDS, 1982 UOP Graduate



**DENTAL EXAM  
AND CLEANING**

**\$45.00** Regularly \$117.00

Complete oral exam

X-rays as needed

Teeth cleaned  
and polished

Please, new patients only

EXPIRES 1/31/94

W  
E  
D  
N  
E  
S  
D  
A  
Y  
  
N  
I  
G  
H  
T

## B I N G O

\$150 SOCKOS!		TWO \$250 JACKPOTS!
	\$25 FREE GAME	
CARDS: \$1 ea \$5 min.	DOOR PRIZES!	\$100 10 games Good Neighbors \$150 4 games Good & Good Good Neighbors

DOORS OPEN 6pm • 1st GAME 7:30 pm

**ST. KEVIN'S PARISH HALL**  
ELLSWORTH OFF CORTLAND • 648-5751

**When You Are Ready  
to Buy or Sell  
Call Margret Maker**



**MARGRET MAKER**  
REALTOR®  
COLDWELL BANKER  
(415) 563-4111 ext. 310



COLDWELL  
BANKER

Choose a real estate agent who  
knows Bernal Heights, who lived  
here for 15 years, who cares about  
the neighborhood and cares  
about you.

Advertise in the  
**New Bernal Journal**  
**206-2144**

**PIZZA EXPRESS**  
RESTAURANT

all natural  
ingredients



Compare  
our Sizes!

919 Cortland Ave.  
San Francisco, CA 94110

**282-2333**



Cappuccino..Espresso  
Soups..Salads..Sandwiches  
Pastries..and more!

634 Cortland Avenue  
San Francisco, CA 94110

(415) 647-6448

**NICCO'S  
CAFE**

## Youth!

### New Women & Childrens' Phone Referral Health Line

The San Francisco Department of Public Health has established a 1-800 referral line for Women and Childrens' Health Services. The goal of this state funded project is to provide greater access to free or low cost health services for high risk and low income women and children. Referrals are made for women, teenagers, children and babies who need free, Medi-Cal or low cost health care in San Francisco. Currently, referrals are made for the following services:

- Birth Control • Pregnancy Testing
- Pregnancy Check-Ups
- Pap Smears • Breast Exams
- Medical care for babies and children (including immunization)
- Dental Care for children

Generally, referrals are made to publicly funded medical clinics and to private health providers who participate in State Department of Health Services, comprehensive health programs for women and children.

### Toy Give-A-Way for Bernal Children

The Bernal Heights Youth Committee will give hundreds of wrapped Christmas toys to low income children in Bernal Heights on December 16th. The committee hopes to make the season merrier for the children through this annual event.

Parents who would like to sign their child or children up for the give-a-way must pick up and complete an application by December 13th. Applications are available at the Bernal Heights Neighborhood Center at 515 Cortland Avenue. Call Lorena or Jess at 206-2140 for more information.

ment of Health Services, comprehensive health programs for women and children.

The phone number is 1-800-300-9950. The phone is staffed by a health worker(s) who speaks English, Cantonese, and Spanish. The best time to call is Monday through Friday, 8 A.M. until 5 P.M. A recorder will take messages during off hours and these calls will be returned during business hours.

## Donate New or Unused Toys to Children in Our Community!



The Bernal Heights Youth Committee is organizing a **Christmas Toy Give-A-Way** on **December 16th** for low income children in Bernal Heights.

*Bring your donations to the Bernal Heights Neighborhood Center at 515 Cortland Avenue and help us make this Christmas merrier for the children.*

For more information call Lorena or Jess at the BHNC:  
**206-2140**

## SUBSCRIBE!

The *New Bernal Journal* mailed to your home or business!  
Help support your bi-monthly community newspaper!

( ) \$9.00 for one year ( ) \$17.00 two years

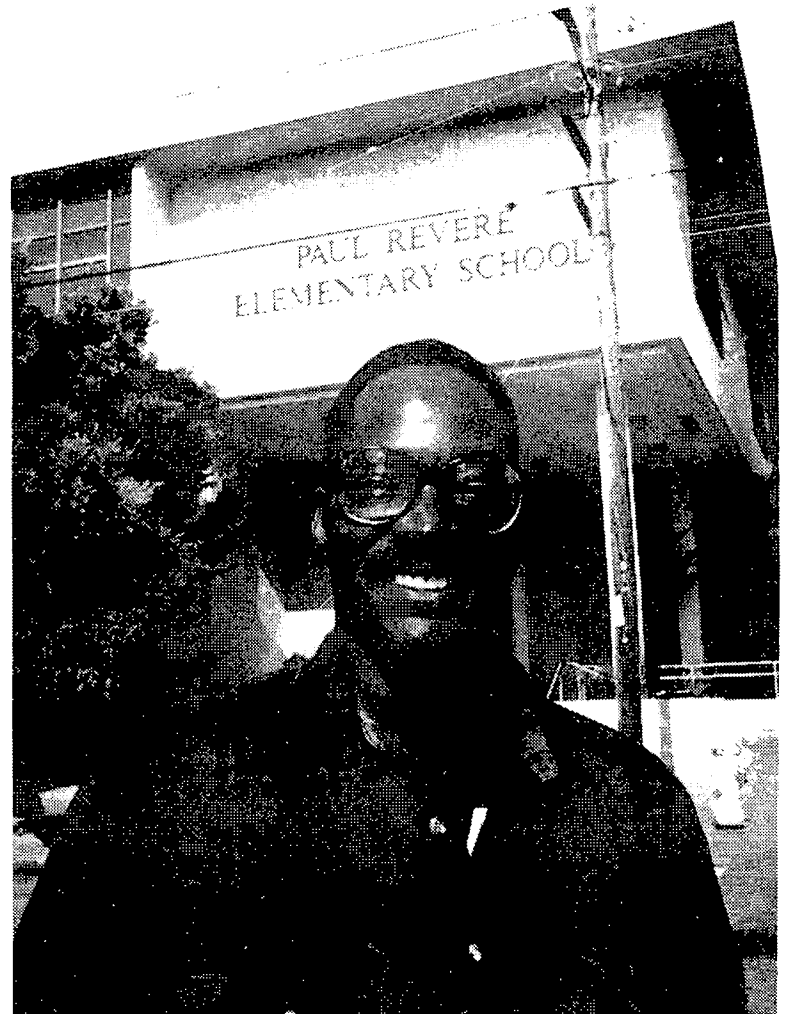
( ) Please accept my donation for \$ \_\_\_\_\_  
to help produce our community paper!

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_

Send to: *Thank You!*  
*New Bernal Journal, 515 Cortland Avenue, SF, CA 94110*

## Super School Volunteer



Congratulations to **Daron Beasley**, who was one of five honored recipients who received the Family Advocate Award at The Family Forum parenting conference held November 20 in South San Francisco. The awards were presented by San Francisco-Peninsula Parent Newsmagazine to individuals who have made outstanding contributions to families and children in the Bay Area.

Mr. Beasley was nominated for the award by the *New Bernal Journal*, who highlighted his volunteer work at Paul Revere Elementary School and S.F. School Volunteers Award in our Aug./Sept. '93 issue. Volunteering 20-30 hours per week, he contributes to the school as a tutor, yard monitor, conflict manager and fundraiser.

## You Can Park 'em or You Can Spark 'em



## MISSION YMCA

*Providing quality child care and youth programs*

Ages 2-11 Open daily from 7AM to 6:30PM

After school van pick-up from local schools

Registrations now being accepted for pre-school and after-school programs

**Mission YMCA, 4080 Mission Street 586-6900**

*All programs licensed by the State of California*

*Financial aid, to the extent possible, is made available to those in need.*





Bernal Heights Senior Program participant Emma Martinez poses with some of her "friends" that she created for the program's annual Christmas Arts & Crafts Boutique on December 11 & 12 at the Bernal Heights Neighborhood Center, 515 Cortland Avenue. These teddies and bunnies, as well as other wonderful handmade gifts will be available at old fashioned prices.

## Seniors Find Healing through Massage

The Bernal Heights Senior Program has been blessed with a proclaimed "angel" who visits the center every Thursday morning. Seniors are treated to a soothing professional massage by Bernal resident Elva Rodriguez. Utilizing Swedish and Shiatzu massage techniques and accupressure, Elva asks a sliding scale fee of \$5 - \$10 for a half hour massage- a mere fraction of standard fees. "I know that seniors are on a very limited budget and can not afford regular massage fees. I also know that they suffer the most and are in greatest need of massage." She explains stress is the main affliction of the

younger people whom she works on, "But with seniors, there are usually more ailments such as arthritis and high blood pressure which gives them even more pain and stress than a younger person."

Working with seniors, Elva has discovered that many of her senior clients live alone and really appreciate the massage for mental as well as physical reasons. "I sense that they are in need of nurturing. Many live alone now and there is no one to touch them or really listen and share with them." Elva finds great satisfaction in being able to nurture her senior clients and provide a block

of time that belongs to the senior themselves for total relaxation and attention.

Elva, who has been practicing massage for the last 12 years, grew up knowing that she she wanted to be a healing force in people's lives. "My grandmother did healing massage and I've always wanted to do something like her - it's hands on work with people that I truly enjoy."

• By Vicki Victoria

For massage for seniors at the Bernal Heights Senior Program call 206-2142 for an appointment. To contact Elva for regular massage at her home practice, call 647-9712 or an appointment.

## Seniors!

### Emergency Meals

*continued from page 1...*

Meals on Wheels, only to have to turn around and inform these seniors of long waiting lists that have varied from a wait of one to four months. A senior shouldn't have to go hungry because of a waiting list."

San Francisco's Meals on Wheels delivers daily, nutritious hot meals to hundreds of frail and homebound seniors for a \$1.50 - \$4.50 sliding scale. "Private meal delivery services exist, but the average fee for a meal is \$10.50," Victoria added. "Most of the seniors I refer (to Meals on Wheels) have incomes of only \$650 per month. Often times there is not enough money to buy adequate food after prescription

drugs, the rent and utilities are paid for."

The Emergency Meal Program aims to immediately deliver frozen, packaged meals to seniors in Bernal Heights who are on the city's Meal on Wheels waiting list or who are temporarily unable to cook for themselves. These free frozen meals will be delivered weekly by community volunteers until the senior begins receiving Meals on Wheels service and/or after they have recovered from their illness, accident or operation and able to cook for themselves or attend a senior lunch program.

The Emergency Meal Program would also provide a microwave on loan to seniors who don't have one. "I think the loaning of microwaves is essential because it would allow the senior to heat their meal quicker and with greater ease than a conventional oven," says Victoria. She explained that these meals would be free of charge to the senior because she hopes to get the majority of the microwaves and frozen packaged meals donated by manufacturers, companies and organizations. Victoria also feels that it's important to keep the service free in order to allow low and fixed income seniors to utilize the service without any hesitations or financial barriers.

A 1992 national and local study by the Urban Institute in Washington, D.C. reports that many seniors often find themselves having to choose between buying food or purchasing needed medications, paying rent, utilities and other bills on their limited incomes. As a part of this study, San Francisco's Meals on Wheels program conducted a local survey which revealed that 1 in 5 seniors in the city experienced this type of "food insecurity" at least once in a six month period.

"Food insecurity" includes situations where a senior has to choose between buying food or paying for other living expenses, skipping meals because of lack of food in their home, having to borrow money for food, having to access an emergency food pantry

*A senior shouldn't have to go hungry because of a waiting list."*

or simply not having the money to buy food. Researchers hope that the results of their study will help

agencies mobilize community resources to help seniors most at risk for hunger or having anxiety about hunger.

The BHNC is confident that the Bernal Heights community will volunteer to help their elderly neighbors in need. "Good volunteers will be essential to the success of the Emergency Meal Program," said Victoria. "Not only will our volunteers deliver weekly frozen meals, but they will also be a friendly, caring face who will monitor the well being of a frail elder and let us know of other needs and concerns for service that the senior may have. I think everyone working in this program will feel really good about helping out and making a difference in our community."

The Emergency Meal Program is looking for a donation of a large capacity restaurant freezer for the storage of frozen meals, as well as microwaves and commercially packaged frozen meals. Community volunteers interested in working with the Emergency Meal Program, as well as other senior needs, are encouraged to sign up for the BHNC's Senior Services Volunteer Training on Saturday, January 29, 1994 from 10:00 a.m. to 2:00 p.m. by calling 206-9177 or 206-2145.

### Volunteer Training for Bernal Heights Senior Services Programs

**Saturday, January 29, 1994**

10:00 am to 2:00 pm

Bernal Heights Neighborhood Center  
515 Cortland Avenue

Lunch will be served

*~ join the community spirit of assisting  
elders in Bernal Heights~*

Call Carolee or Carmen at 206-9177

1993 Bernal Heights Senior Program

## Christmas Boutique

**Saturday & Sunday  
Dec. 11 & 12  
9:00 - 3:00 pm**

Arts & Crafts • Gifts • Decorations  
Game Booths • Entertainment  
Saturday Filipino Cuisine  
Sunday Pancake Breakfast

Visit with Santa Claus from 12:00 - 2:00  
All Children receive a free candy bag!

Old fashioned prices! Family fun!

**Admission Free!**

**Bernal Heights Neighborhood Center**  
515 Cortland Ave. (at Andover), SF, 206-2145

# Living on the Hill

## Bernal Hilltop Natural History

### The Star Lily or Death Camas

by Barbara M. Pitschel

**S**tar lily" and "death camas" are among the intriguing common names associated with one of the most beautiful and earliest-blooming flowers on Bernal Hill. The plant is a bulb, a member of the lily family (Liliaceae), with the botanical name *Zigadenus fremontii*.

Plants in this species are extremely variable. Two to three foot tall plants inhabit chaparral and other brushlands. An intermediate form has been reported from the Presidio. Grassland plants such as occur on Bernal, jewel-like miniatures rarely exceeding four to ten inches in height, have sometimes been considered a distinct variety (var. *minor*).

"Star lily" describes the several six-petaled, cream-colored flowers, an inch or less in diameter, which rise on a single stem from linear folded leaves that arch outward from the bulb. A large yellow nectar gland at the base of each petal and sepal serves as an attractant to bees, and possibly other pollinators. The name "*Zigadenus*" is derived from the Greek words for "join" and "gland", a reference to these nectar glands. ("*Fremontii*" commemorates John C. Fremont, an early American explorer who first reported many of California's unique plants.)

The "star lilies" bloom in the period of greenness that follows the early rains, often appearing as early as January. They can always be seen on the southwesternmost point of the hill, as well as below the phone company fence on the hillside facing northwest. The species responds favorably to fire, so you can often also find plants in areas that burned during the previous summer.

"Death camas" is a common name associated with the entire *Zigadenus* genus, due to the toxicity of steroidal alkaloids that are present throughout the plants but particularly concentrated in the bulbs. The bulbs of these white-flowered plants are similar to those of the edible blue-flowered *Camassia*, staple food of early California native Americans.

If you want to see "star lilies", you need to look for them early in the season, as they will be past their peak at the height of the wildflower display in March and April. Or, if you would like us to point them out to you, join Bernal Hilltop Native Grassland Restoration work parties at 11 a.m. on the third Sunday of each month. Call me at 282-5066 for details.



## A President's Walk on Bernal Hill

**I**t was Sunday, October 17th, and the City displayed a relaxed attitude as the Nobel Peace Prize Laureate and former President of Costa Rica strolled around the rim of Bernal Heights taking in the sights of this famous international City who Conde Nast magazine had just rated "the most attractive city" in the world by its readers.

It was a spectacular afternoon for showing off San Francisco from our beloved hill. Skies were clear, after a few days of showers and scattered cloudiness, and the sun cast its orange brilliance over the City in celebration of autumn. The dried grasses of the hill displayed the last of their light browns and creams.

Our visitor was greeted by many dogs whose owners had set loose for a sunny afternoon day's run on the rim walk. He was clearly enchanted by the visual and natural setting and commented on how fortunate it was to be able to reside in such a distinctive environment.

Towards the west our visitor commented on the architectural richness evident as tightly packed homes grasped the hillsides mimicking the natural terrain of the east slopes of Diamond Heights, Upper Noe Valley and Twin Peaks. In the valley below, the flatness of the Mission District was made even more evident surrounded by hills on all sides. Here reside great populations from all of Latin America which made our visitor take note again of the neighborhood he had just minutes before toured.

Out to the north, the upper towers of the Golden Gate Bridge were quite evident in their unique red hue. The light granite color and sweeping geometric architecture of St. Mary's Cathedral contrasted greatly with the rigid horizontal and vertical lines of adjacent structures. Towards Downtown, high rises competed quickly for space and definition among the skyline.

The visit by Dr. Oscar Arias ended with a surprise visit to the home of Mrs. Carmen Munoz, a Bernal Senior and familiar volunteer at the Bernal Heights Community Center. Over a fresh fruit salad, Dr. Arias and Carmen chatted on the long history and cultural diversity prevalent on our hill.

Dr. Arias went on the following day to address the international convention of the Pacific Rim Council on Urban Development as its Keynote Speaker at the Mark Hopkins.

- By M.J.

## TreeCycling Day is on ReCycling Day

This Year,  
Recycle Your Tree at the Curb.

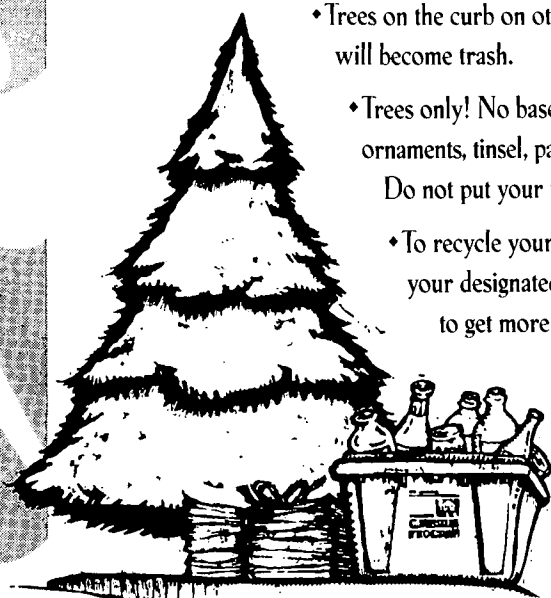
### WHEN

Your first recycling day after January 2nd, by 6 a.m.

### WHERE

At the curb next to your blue bin.

Apartment residents: at the curb on your street's first recycling day after January 2nd, by 6 a.m.



- ♦ Trees on the curb on other days will become trash.
- ♦ Trees only! No bases (metal or plastic), ornaments, tinsel, painted or flocked trees. Do not put your tree in a plastic bag.
- ♦ To recycle your tree before or after your designated TreeCycling day, or to get more information, call the SF Recycling Hotline at 554.6193.

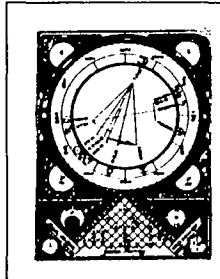
**San Francisco  
RECYCLING  
PROGRAM**

## AstroRap

By Jessica Murray

The calendar year 1993 will go down in the annals of astrological history. We were shaken up, flooded, broken down and zapped with changes all over the globe.

Uranus and Neptune overlapped on October 24th and will not do so again for 171 years. Their activities have put enough cracks in the walls holding up the old of the nineties will have the last of it down. They have long been heralded as an augury of the New Age.



Saturn and Pluto (90 angle in the sky) configuration will re-gave rise to the Waco, March and the Russian make their last square January 2nd. This tense peat the energies which Texas standoff in crisis in early October. Like the Uranus and Neptune configuration, this one carries the symbolism of old edifices being hit by the wrecking ball of inexorable change. It too signals the transition between the Ages of Pisces, now ending, and Aquarius, about to begin.

Say a prayer to this transition on January 11th, when the new moon will feature no less than seven planets clustered together in Capricorn, a conjunction the likes of which hasn't happened since the 1680's.

Astrology readings by Jessica Murray, 626-7795.

## Meditation

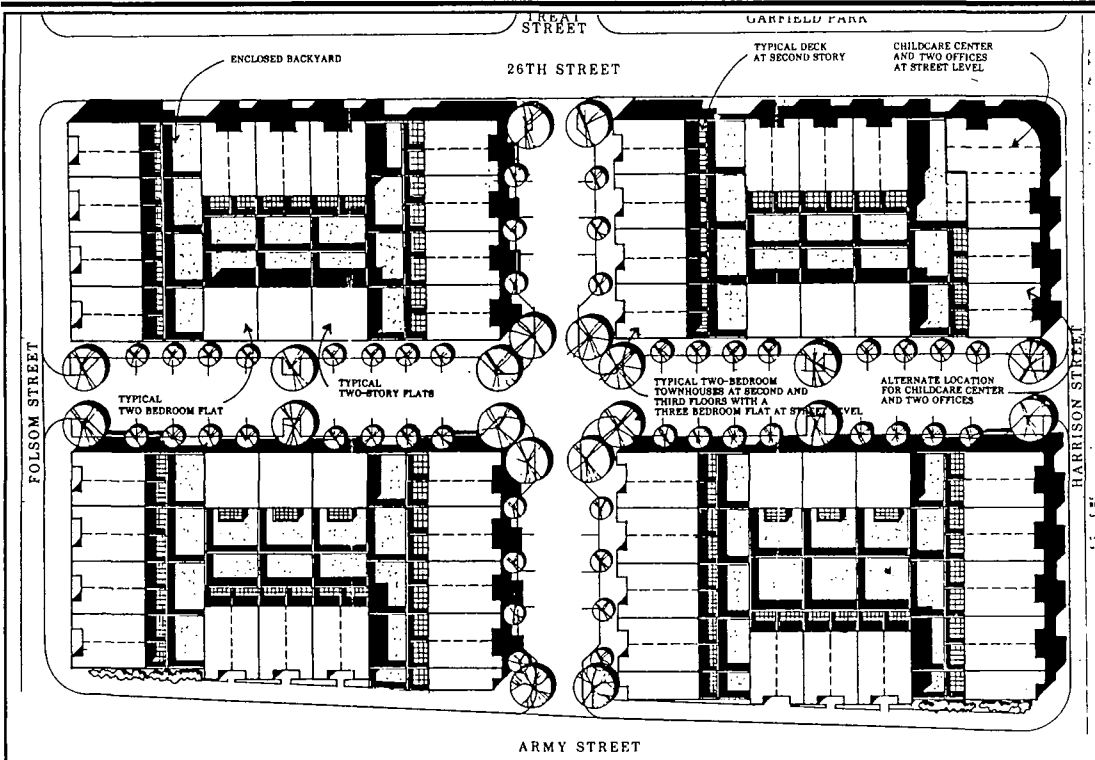
You can achieve  
inner peace and  
self-realization

Free Meditation Classes

in San Francisco  
Call 1-800-655-9994  
Also ask for our free monthly newsletter,  
LIFE FORCE NEWS







Site plan for renovation of Bernal Dwellings offers a townhouses type of community.

blocks (see the site plan illustration); 4) provide the funds for a community-based non-profit housing development corporation, perhaps our own Bernal Heights Housing Corporation (BHHC), to replace the 48 units demolished but not rebuilt on site; 5) create an exciting community service program targeting high school youth and young adults to recruit, train and pay them to do something positive for the development and the neighborhood; 6) fund a broad set of social services designed to meet the needs of individual families in the Dwellings.

#### Interim Executive Director Asks for Partnership with Community

Interim SFHA Executive Director Michael Kelly announced the specifics of the program in a meeting of Bernal Dwellings tenants, community activists and SFHA staff. He was joined in the presentation by Bernal Heights resident Ron Atielski, in charge of the design and physical aspects of the reconstruction; Deborah Whittle, Director of Resident Services; and B.G. Nabors-Glass, Manager in charge of the non-construction activity. Kelly said that "Strong community support was one of the aspects of the San Francisco proposal that set it apart from the other cities competing for the funds. The support of the BHNC and the Precita Valley Committee were key to winning the grant." He promised to set up a new body to provide community and public housing resident input into the Bernal Dwellings reconstruction - the Friends of Bernal Dwellings. He also committed to hold monthly meetings to actively plug the community into the process.

#### Reconstruction Timeline and Process

The next important step in the process is the grant agreement between SFHA and HUD. Kelly hoped to have it by the end of November. The hurdles for the development then include the writing and submission of an application for demolition and disposition within six months after the grant agreement. It must include plans for temporary reloca-

tion of current Dwellings residents during construction, and a plan for replacing the 48 units not replaced on site. Kelly hopes to hire an architectural team after Jan. 1, 1994, refine the design, and begin demolition within 18 months.

#### Helper and Vela Speak Up for Resident Jobs, Organization

BHHC Executive Director Helen Helper spoke up to demand that the residents of Bernal Dwellings get "good jobs working on the demolition and reconstruction." She pointed out that very few residents of the Alemany Public Housing Development got jobs in the \$8.5 million rehabilitation recently completed there, and that it is critical to build long-term economic opportunities within the Bernal Dwellings community. Neighborhood Center Director Mauricio Vela stated that Alemany residents and their surrounding neighbors still suffer from drug dealers, gun shots and violence. "If you change the physical conditions but leave the social conditions the same, you haven't solved the problem." Both Helper and Vela called for increased support for "the most crucial part of any improvement in public housing - the building of strong tenant association to give the residents a voice

and a concrete role."

#### Full-time Staffer for Bernal Dwellings

Kelly announced that SFHA had hired Malik Rahim, an African-American with extensive community organizing experience, to provide full-time help to the tenants to get organized.

#### Conclusion: Follow the Successful Holly Court Model

Bernal Heights residents urged Kelly and SFHA to adopt the community and resident organizing model that led to cleaning the drug dealers out of Holly Court Public Housing Development in Bernal Heights, near Holly Park. Tenants such as current BHNC Board member BeBe Castaing, past Board member Gloria Buck and resident activist William Tupola worked with neighbors like Tony Rodriguez, Susan Melteson, Jonathan McCurdy, and Jeannie Gustafson to build organizations in the blocks surrounding the dwellings, and the public housing development itself. Such collaborative efforts do work and are a model for breaking down the isolation too often found between residents in public housing and the surrounding neighborhood. •

- By Buck Bagot

## Bernal Library News

### READER'S GROUP

The Bernal Library has an adult reader's group that meets the fourth Thursday of the month from 4 to 6pm. We all read the same book and discuss it with much gusto, some times with tea and cookies. Some of the titles we've read since January are *My Antonia*, *Death in Venice*, *Crossing to Safety* and *Unbearable Lightness of Being*. Our selection for December will be Dylan Thomas' *Child Christmas in Wales* on Dec. 23rd at 4pm.

If you are interested in joining us of finding out more about the program, please give us a call at 695-5160.

### FILMS

For those of you who love films, we want your participation, too! On Nov. 20th we launched a video program featuring film classics from the "Thin Man" series, starring Myrna Loy and William Powell. Depending on the response to the Saturday format, we will continue the afternoon matinees in January 1994. Call us for upcoming programs.

### WINTER SOLSTICE CELEBRATION

On Saturday Dec. 18th from 2:30 to 6pm the Bernal Library will host a Winter Solstice celebration led by Ben Koenig. Participants are urged to come in costume, bring drums or rattles, a candle (taper) and finger food to share for the feast afterwards. All are welcome. We encourage you to bring an object for the altar, something disposable but with value for you like a special rock, feather or shell. Plan to attend this exciting event-it's a great opportunity to let go of the old year and invite in the new! Come celebrate the season with your friends and neighbors!

### CHILDREN'S PROGRAMS

Besides Family Story Time on Dec 1st, 15th and 29th at 7:30 pm, there are Movies! Movies! Movies! On Tuesday the 8th at 10:30am and Wednesday the 8th at 7:30pm we'll be showing *Myra*, *Chicken Thing*, *Caps for Sale* and *Doctor De Soto*. On Tuesday the 21st at 10:30 am and Wednesday the 22nd: *Three Robbers*, *Millions of Cats*, *Madeline* and *Witch Who was Afraid of Witches*.

### The Origami Club

Meets the first Saturday of the month between 2 and 5 pm upstairs in the library.

### NEW ARRIVALS

M. Atwood's *The Robber Bride*; P. Hoeg's *Smilla's Sense of Snow*; D. Koontz' *Mr Murder*; H. Doerr's *Consider This, Senora*; J. Seinfeld; *Seinlanguage*; A. Walker's *Warrior Marks*

### Here's our schedule for the week:

Tues., 10 to 6 pm (closed between 12 and 1pm);  
Wed., 1 to 9 pm, Thurs, Fri., and Sat., 1 to 6 pm.

### Happy Holidays to all

from the Bernal Branch!

Feliz Navidad! Happy New Year and Prospero Año!



99¢  
WHOPPER



## VALUE MENU



\$1.99 2 HAMBURGERS AND  
2 FRENCH FRIES


### YOUR CHOICE OF:

WHOPPER	W	MEDIUM
2 CHEESEBURGERS	I	FRENCH FRIES
BIG FISH	T	AND MEDIUM
DOUBLE CHEESEBURGER	H	DRINK

### ONLY

\$2.99

BURGER KING ON BAYSHORE BLVD.  
2 BLOCKS NORTH OF GOODMAN'S LUMBER



**Personal Service...  
Experience...  
Results...**

*Susan*  
**M. SUSAN HUGHES**  
BROKER

**824-1533**

• ALL AGES AND LEVELS WELCOME  
• CLASSICAL APPROACH TO TECHNIQUE, THEORY & INTERPRETATION  
• SUZUKI METHOD FOR CHILDREN  
• RAPID LEARNING FOR ADULTS  
• 14 YEARS TEACHING & PERFORMING EXPERIENCE IN BAY AREA

**PATTY AVERY**  
PERSONALIZED PIANO INSTRUCTION

**CALL 415-550-8299**

## What's Up Along Cortland

By Linda Eckman

There's a new energy around Bernal Heights, and nowhere is that energy more in evidence than along Cortland Avenue, in the varied businesses that call the street home. There's a feeling of renewed commitment to the neighborhood served by these businesses and sense of pride in the successful ventures making Cortland Avenue again an exciting, comfortable place where neighbors can shop.

Imre Mandoki, President of the Cortland Merchants' Association and owner of the **Hungarian Sausage Factory & Bistro** at 419 Cortland, believes that change began with the opening of the **Good Life Grocery** nearly two years ago. Before that time, residents had to leave the neighborhood to shop for necessities. But the Good Life, and the other new shops that followed, added necessary services just a few steps away from people's doors, thereby starting the infusion of new life into a street once considered a poor investment.

Mandoki, who with his wife Jutka makes sausages and other specialties from their native Hungary right on the premises, wants to see the Cortland merchants band together during Christmastime with a unified holiday theme. Banners, bought last year thanks to a donation by the Bank of America, again will be put up along the street, but Mandoki would like to see every merchant put up Christmas lights on their windows, giving Cortland at night a pleasant ambiance. Also, instead of having currently unoccupied storefronts stand empty, he would like to see them display products of businesses along Cortland, to take away that abandoned look. Such beautification would bene-

fit the merchants positively in increased business and neighborhood pride.

Several new businesses have opened up in the recent weeks along Avenue, infusing even more new energy.

**All Jazzed Up**, at 328 Cortland, is a consignment shop, selling previously-owned clothing, shoes and jewelry. Owner Lola Greco, a native San Franciscan, believes her store provides a need that went unfilled since the loss of a similar shop some time ago. Greco, who comes to this business with ten years of retail and retail management experience, says that consignment shopping was always a hobby of hers, so a move to open up a business like this was a natural. She says that once a store such as hers opens, she has no lack of clients bringing her merchandise—the only trick is being selective. **All Jazzed Up** a variety of quality fashions for budgets, even including some New York and Paris designer items.

A very interesting space to appear along Cortland is **Heartfelt** at 436 Cortland, a store specializing in cards, candles, wrapping paper and objects d'art of all types. The store, owned by three year neighborhood residents Kathleen Dunphy and Alan Silverman, is open and airy; the back of the store, covered almost entirely by a huge window, serves as artist Dunphy's studio. She is responsible for the interior design of the shop as well and designed the whimsical sign over the door, which was then created by a neighborhood artisan. The ceiling has been torn back to expose the original beams, which have been painted white and Dunphy's cheerful design cover the walls and even the floor. Silverman and Dunphy also feel a very strong commitment to local artists, and will continue to offer various for sale by Bernal Heights neighbors. As a service

to their customers, they also offer postage stamps for sale at no extra markup.

The latest merchants on the hill are Joe and Simon Dabit, owners of **Bernal Height Produce** at 800 Cortland, across from the King Tut Deli. As brother Joe explained it, produce has been in the Dabits' family for generations: Joe has owned several produce stores, Simon currently has store on Polk and Green, and both their father and grandfather were in the business. That's a lot of knowledge to bring into this new venture. Dabit believes that there is need for a good produce store in Bernal Height and believes his corner location is an excellent one. Although a native San Franciscan (via Jerusalem), he does not live currently in Bernal Height, but probably soon will, already very impressed with what a friendly, sunny place it is. He plans to offer lots fresh fruit, vegetables, and a little bit of organic produce at first, while he experiments with the needs of the community and sees what the neighborhood enjoys. But both he and brother Simon are more than ready to open the latest doors along Cortland Avenue.

Also in merchant news, the end of November saw the passing of the one year anniversary for Antoinette and Claudia Lama's **Jinjee Flowers and Gifts** at 399 Cortland. The sisters held an open house on Saturday, November 20, to share the celebration with the entire neighborhood. Beverages and appetizers were served and everyone reported that they had a marvelous time. The flower business has been a lot of fun and learning experience for the two women, and they expect to be able to provide even more interesting items and more special services during the coming year. The Lama sisters, and the rest of the Cortland merchants, look forward to wishing the families of Bernal Height Happy Holidays and a Happy New Year.

If you have any information or news about businesses in Bernal Height, please contact Linda Eckman at the NBJ, 206-2144.

## BERNAL HEIGHTS METAPHYSICAL LEARNING CENTER

OFFERS A VARIETY OF HOLISTIC PROGRAMS FOR IMPROVING  
**BODY • MIND • SPIRIT**

LECTURES • CLASSES • WORKSHOPS

- Stress reduction
- ESP/Psychic Development
- Spirit & Angel Communication
- Meditation
- Tarot
- Other topics scheduled

**SERVICES**

- Metaphysical Counseling
- Tarot Readings
- Certified Hypnotherapist

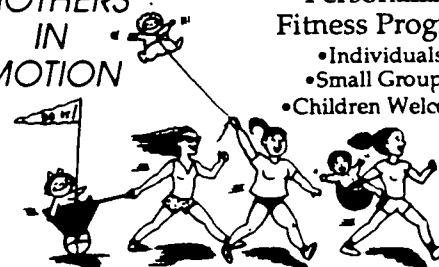
A FRIENDLY  
EDUCATIONAL PLACE

PLEASE CALL FOR A CURRENT SCHEDULE

**415 • 648-9236**



MOTHERS  
IN  
MOTION



Anne Windsor • Certified Personal Trainer  
B.A. in Physical Education • (415) 821-1539

Personalized  
Fitness Programs  
• Individuals  
• Small Groups  
• Children Welcome

## CAREclinic

PLANNED PARENTHOOD ALAMEDA/SAN FRANCISCO

### FREE MEDICAL CARE FOR HIV+ WOMEN

- Pap Smears
- Sexually Transmitted Disease Tests
- Pregnancy Tests
- Blood Work & T-Cell Count
- Peer Counseling

Clinics in the Tenderloin & the Western Addition  
Culturally Sensitive, Friendly Staff, Bi-lingual  
Drop-ins Welcome or call for an Appointment:

**415/202-7430**

815 Eddy Street, 1st Floor, San Francisco

Bus Tokens

Special Women's Fund



# Bernal Calendar

## East Slope Election

The East Slope Design Review Board will hold its annual election meeting on Thursday, December 9th, at 7:00 p.m. at the Bernal Heights Neighborhood Center, 515 Cortland Avenue. The Board is concerned with development issues. The election is open, and all residents of the Bernal Heights East Slope are invited. Nominations are welcome. For information: call Terry Milne, 285-8978.

## Winter Basketball Sign Ups

The city-wide Rec and Park league is now recruiting. Sign up at the Bernal Heights Recreation Center at 500 Moultrie Street at Jarboe Street. Call Derek (team coach) or Marquita for more information at 695-5007.

## Christmas Arts & Crafts Boutique

Saturday & Sunday, December 11 & 12 from 9:00 a.m. - 3:00 p.m. Beautiful handmade gifts and decorations at bargain prices will highlight this annual fundraising event for the Bernal Heights Senior Program. Jewelry and clothing will also be featured. A delicious Filipino Lunch plate on Saturday and a Pancake Breakfast on Sunday will be available at the Boutique for only \$3.50 each. Children can visit Santa & Mrs. Claus on Sunday from 12:00 - 2:00 p.m. Admission Free. Bernal Heights Neighborhood Center, 515 Cortland Avenue. Call 206-2145 for more information.

## Community Forum on Market Heights

Tuesday, December 14th, 7:00 p.m. at the Neighborhood Center, 515 Cortland Avenue. The community is invited to meet with the architect and members of the Market Heights planning and developing team regarding the development of the hillside behind Farmer's Market for affordable family housing. For more information, call the Bernal Heights Housing Corporation, 206-2140.

## Toy Give-A-Way for Bernal Children

The Bernal Heights Youth Committee will give hundreds of wrapped Christmas toys to low income children in Bernal Heights on December 16th. Pre-sign ups required. Application are due by December 13th and are available at the Bernal Heights Neighborhood Center at 515 Cortland Avenue. Call Lorena or Jess at 206-2140 for more information.

## Town Meeting: Proposed Sewer Shaft on Bernal Hill

Bernal residents who would like to know more about the proposed tunnel and sewer shaft that may be placed in the Bernal Hilltop should attend an informational meeting on Thursday, January 13th at 7:00 p.m. held at the Neighborhood Center, 515 Cortland Avenue.

## Moultrie Neighbors

-continued from page 1...

Neighbors later learned that officers that should have participated in the neighborhood meeting were at a downtown hotel guarding the President of China.

Outraged by the no show, as well as repeated lack of police response to their requests and needs, neighbors of the Moultrie Street area have organized and decided take action at the next Police Commission Hearing on December 8th. The neighbors will demand the removal of Captain Wilson from the Ingleside Station.

For months, neighbors have expressed their concerns to Captain Wilson of repeated problems around the Cortland/Moultrie/Crescent Streets areas which include: increased car break-ins, verbal harassment, intimidation and lack of CPOP patrols. In the past few months, the Moultrie Street area has fallen victim to

increased drive by shootings since September. A women was assaulted and raped in October. Two homes owned by elderly residents on Moultrie were shaken on November 16th by gunfire which entered their houses.

Moultrie Neighbors will work with Project Safe to organize a neighborhood watch group on their street and will also become active in the BHNC's Youth Outreach Committee. Neighbors, however, feel that the most immediate need and effective plan of action is to pressure the Police Commission to remove Captain Wilson in order to have a police station that is more willing and available to work with the neighbors and communities that it serves.

- By Vicki Victoria & Mauricio Vela

Bernal residents are encouraged to fight for better policing of the hill by attending the Police Commission Hearing on Wednesday, December 8th at 5:30 p.m. at the Hall of Justice, 850 Bryant Street. For more information, contact Mauricio Vela at the BHNC, 206-2140.

TO  
ADVERTISE  
CALL:  
206-2144

Don't miss the next upcoming  
February/March '94 issue of the  
**New Bernal Journal**  
delivered on 2/5/94

## Dorothy Coakley to Return to Bernal Library

After a 10 month battle waged by Bernal residents, Dorothy Coakley, who was temporarily and involuntarily assigned to the Western Addition Branch, will return to the Bernal Branch Library as its Children's Librarian. "Neil Parikh, Chief of Branches, has left a message for me saying that Dorothy will return to the Bernal Branch on January 11th of next year," exclaimed Mauricio Vela, BHNC Director. "I think that Ron Morgan and Lisa Kaborchya of the Save the Bernal

Library Committee deserve kudos for keeping things going during this struggle to get Dorothy back."

Vela also added that he was appreciative of everyone who cooperated with the committee and the BHNC, "Especially Ken Dowlin, City Librarian, Jim Herlihy, President of the Library Commission, Neil Parikh and Jean Heavenly and the Bernal Branch staff who really held the library together during this time."

## GET THE LATEST INFORMATION ON HOMEBUYING, SELLING, AND FINANCING

### Tuesday, January 18, 1994

Bernal Heights Neighborhood Center  
515 Cortland Avenue

Free Admission

7:15 p.m.

Charles Morganstern  
Vanguard Properties  
(415) 864-7800

Sponsored  
by

June David  
Allsource Financial  
(415) 583-1600

**SHANTA  
CARPENTRY  
& CONSTRUCTION**

Since 1974

remodeling  
kitchens / baths  
elec. / plumbing  
victorian restor  
repair / dry rot  
additions

Lic. No. 442870

foundation to finish

821 - 4091

*Back to the Picture*


**20% OFF  
ON CUSTOM  
FRAMING**  
MENTIONING THIS AD

**DO-IT-YOURSELF  
CUSTOM FRAMING  
& GALLERY**

**Now Featuring Ready-Made Frames  
at Incredible Factory Outlet Prices**

OPEN FROM  
11 am-7 pm  
Mon. - Thurs.  
10 am-6 pm  
Fri. - Sat.

**8 2 6 - 2 3 2 1**  
934 Valencia St., (at 20th St.) San Francisco



# JC SUPER

820 CORTLAND AVENUE, S.F.

USE YOUR VISA, MASTERCARD OR ATM CARD



We welcome ATM cards for purchases

New Store Hours!

Open 7 Days a Week, 7:00 am - 9:00 pm  
Groceries: 648-4656, Meat Department: 648-4657

## GROCERIES

ZEE PAPER TOWELS COLOR 89¢	DELMONTE PEACHES, PEARS, FRUIT COCKTAIL REG. OR LITE, 303 SZ 99¢	LAY'S POTATO CHIPS 6 OZ 99¢
PALMOLIVE DISH DETERGENT 22 OZ 99¢	PREGO SPAGHETTI SAUCE 30 OZ \$1.99	HINDO CALIFORNIA WHITE RICE 5# BAG \$2.89
NICE & SOFT TOILET TISSUE 4 PK \$1.09	WESSON SUNFLOWER OIL 24 OZ \$1.39	BONNIE HUBBARD TOMATO SAUCE 5 OZ 5/\$1.00
REED CANDLE 8 1/2 INCH GLASS DECANTER PLAIN \$1.19 DECORATED \$1.49	JUANITA'S MENUDO REG. OR HOT 29 OZ CAN \$1.89	AJAX CLEANSER 14 OZ .49¢
PINE MOUNTAIN LOGS HANDY SIZE, 6 PK \$8.99	FRISKIES CAT FOOD BUFFET 6 OZ. CAN 3/\$1.00	AJAX LAUNDRY DETERGENT 18 WASH, 42 OZ. \$2.69
PINE MOUNTAIN LOGS GIANT SIZE, 9 PK. \$16.99	OLSON 18 PK. LARGE EGGS \$1.49	MELITA COFFEE FILTERS REG. OR NAT. BROWN 40 COUNT \$1.29

## MEATS

GROUND BEEF FAMILY PACK	\$1.29/LB
SMOKED PICNIC HAM	\$1.49/LB
PORK BUTTS BONE IN	\$1.19/LB
PORK STEAKS BONE IN	\$1.49/LB
PORK NECK BONES	49¢/LB
PRIME RIB STEAKS	\$4.99/LB
PORTER HOUSE OR	
T-BONE STEAKS	\$3.99/LB
NEW YORK STEAKS	\$2.99/LB
CHUCK STEAKS BONE IN	\$1.99/LB
J.C. BACON	\$1.99/LB
PORK SAUSAGE OUR OWN	\$1.79/LB
MEXICAN CHORIZO OUR OWN	\$2.99/LB
PIGS FEET	.59¢/LB
TURKEY DRUM	.89¢/LB
TURKEY WINGS	.89¢/LB

## LIQUOR

KORBEL BRANDY 750 ML	\$6.99
ROYAL GATE VODKA LITER	\$6.29
GORDON VODKA LITER	\$6.99
BACARDI RUM LIGHT OR DARK LITER	\$11.69
OLD CROW BOURBON LITER	\$8.99
JIM BEAM BOURBON LITER	\$8.99
PRESIDENTE BRANDY LITER	\$10.99
JB SCOTCH 750 ML	\$17.99

WHITE HORSE  
SCOTCH LITER \$10.99

## WINE & BEER

AUGUST SEBASTANI WINE	
PROPRIETORS 1.5 LT.	\$6.49
COUNTRY 1.5 LT.	\$7.99
ALMADEN WINES 1.5 LT	\$4.39

BUDWEISER	
12 OZ, 12 PK	\$6.79+CR
BUDWEISER	
12 OZ, 6 PK	\$3.99+CRV
MOOSEHEAD IMPORT BEER	
12 OZ BOTTLES, 6 PK	\$6.59+CRV
DOS EQUIS IMPORT BEER	
12 OZ, 6 PK BOTTLES	\$4.99+CRV

COCA  
COLA  
6 PK.  
12 OZ.  
CANS  
\$1.89

## FRESH PRODUCE

POTATOES 10# BAG	.99¢
TOMATOES	29¢/LB
JUMBO YAMS 4 LBS	\$1.00
LEMONS 5 FOR	\$1.00
LETTUCE	29¢EA

PRODUCE PRICES EFFECTIVE THROUGH 12/12/93

FOOD  
STAMPS  
ALWAYS  
WELCOME



PRICES EFFECTIVE THROUGH 12/18/93  
MANY MORE SPECIALS THROUGHOUT STORE!

WE ARE NOT RESPONSIBLE FOR PRINTING ERRORS

